It's Not Just Stress

August 25th, 2020 13:30-15:00

This session will help participants to understand the variable mental and physical health effects from different types of stress, and will include specific reference to unique stressors experienced by Indigenous populations.

Learning Objectives:

- Participants will be able to understand the difference between burnout, secondary traumatic stress, compassion fatigue, vicarious traumatization, and Post Traumatic Stress Disorder.

- Participants will gain deeper understanding of the unique stressors affecting many Indigenous populations, including but not limited to historical trauma and toxic stress.

Speaker:

Deb Johansson, Registered Psychologist with Little Warriors Be Brave Ranch and Silent Guardian Consulting. Deb has worked with Indigenous populations for 34 years, and while she is not Indigenous herself, she has made it her life's mission to continuously strive for deeper and richer understanding of the issues affecting Indigenous people.

Target Audience
People who live and work with people

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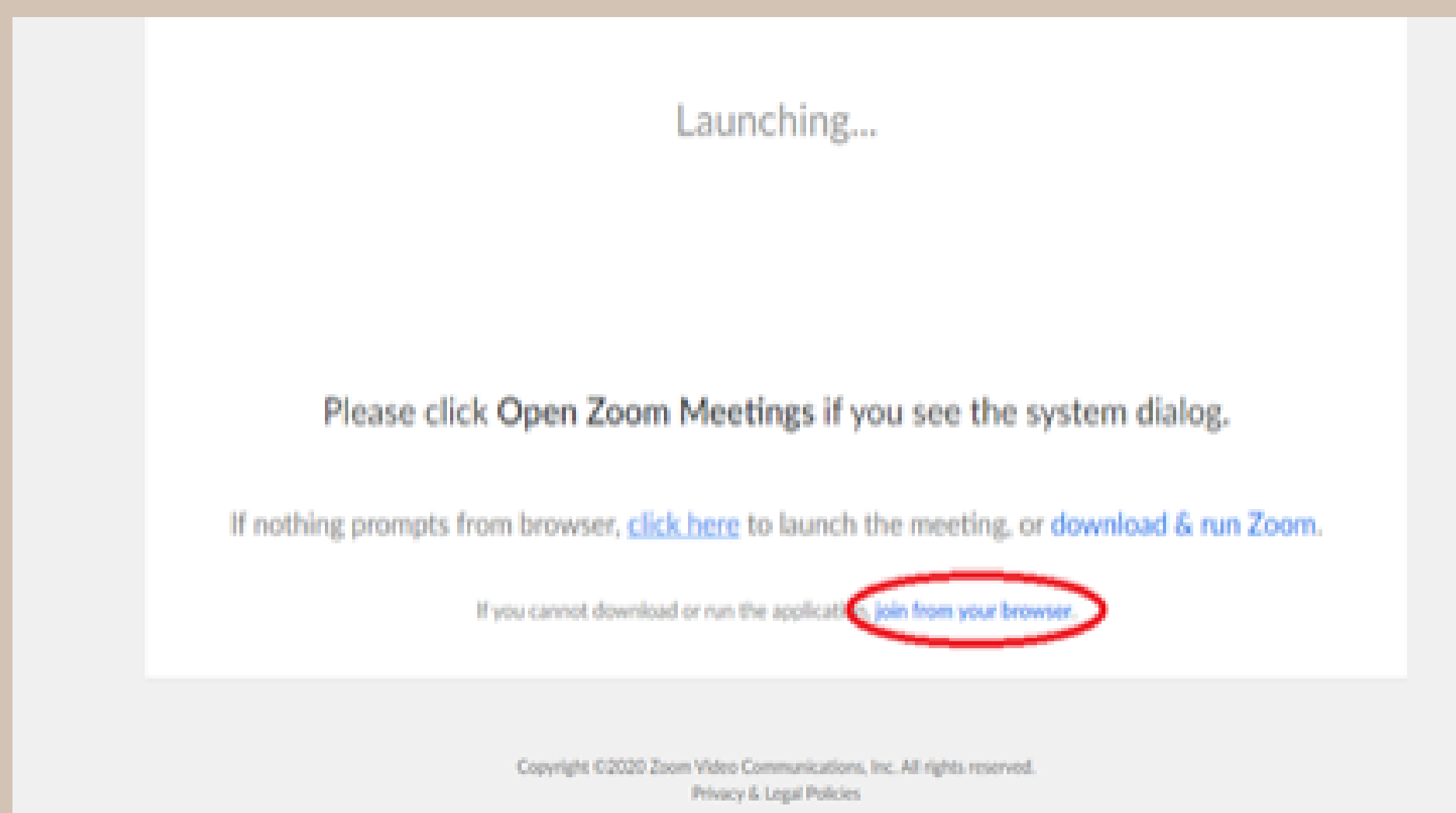   https://fntn.zoom.us/join

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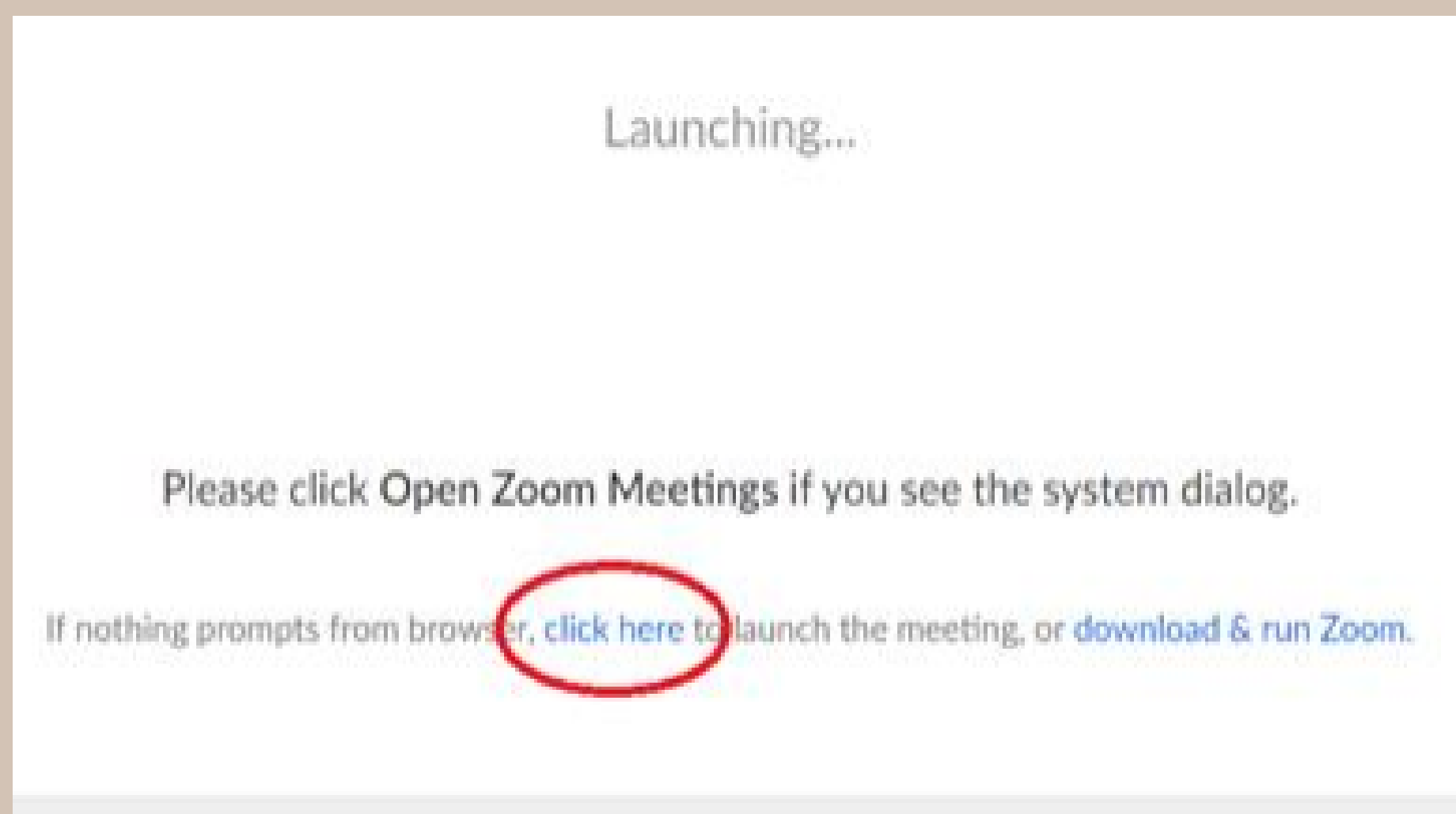
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