

Clinician Awareness Program—Fire Service

Location: Miami Dade Fire Rescue (9300 NW 41 St., Miami, FL 33178)

Date: Feb. 16-17, 2023



OVERVIEW (DAY ONE):

This course is designed for masters and doctoral level mental health clinicians who are interested in providing evidence-based treatments to firefighters and paramedics/emergency medical technicians. The course will provide intermediate training in firefighter culture, the effects of chronic occupational exposure to trauma on the physical and mental health of firefighters, and effective treatments for trauma and related disorders. Didactic material will be augmented by videos of firefighters discussing various aspects of their job, culture and challenges; providing real world examples.

The content of this training focuses on the application of empirically supported psychological assessment and intervention methods as they are applied to the unique population of first responders. The content is drawn from the peer-reviewed literature on trauma and its aftermath as applied to first responders, in particular, those in the fire service.

TOTAL TIME (DAY ONE): 7 Hours, APA CE Credit Available

COST: This two day course is available at no cost, thanks to a generous foundation who wishes to remain anonymous.

TARGET CE AUDIENCE: Doctoral and master's level mental health clinicians.

OBJECTIVES (DAY ONE):

At the end of the training, participants will be able to:

- ◆ Explain the development and maintenance of PTSD using classical and operant conditioning.
- ◆ Explain the rationale for both imaginal and in vivo exposure therapy of PTSD.
- ◆ Conduct imaginal and in vivo exposure therapy for PTSD following the steps taught.
- ◆ Implement skills training related to behavioral activation, sleep hygiene, anger management, and social reintegration.

Course Instructor (DAY ONE):



Deborah Beidel,
Ph.D., ABPP

Executive Director,
UCF RESTORES

Deborah C., Beidel, Ph.D., ABPP is Trustee Chair and Pegasus Professor of Psychology and Medical Education and Director of UCF RESTORES at the University of Central Florida. Internationally recognized as a leader in the area of traumatic stress, her use of virtual reality to treat people suffering from PTSD has led to the development of treatments that are 2 to 3 times more effective than standard psychological treatments. The author of over 300 peer reviewed publications, she has received over \$31 million dollars in federal research funding throughout her career, developing effective treatments for PTSD and then disseminating them into clinical practice. Dr. Beidel does not have any conflicts of interest nor does she receive any commercial support as an instructor of this course.

Course Outline (DAY ONE):

8:30am—8:45am	Introduction to the course
8:45am—9:30am	Firefighter Language, Lingo, Lifestyle
9:30am—10:15am	Trauma and PTSD
10:15am—10:30am	Break
10:30am—12:00pm	Trauma and PTSD, continued
12:00pm—1:00pm	Lunch
1:00pm—2:00pm	Special Issues—Retirees and Families
2:00pm—3:00pm	Prevention and Mitigation of Trauma
3:00pm—3:15pm	Break
3:15pm—5:00pm	Psychological Treatment for Trauma-related Disorders
5:00pm—5:15pm	Wrap up, Program Evaluation Survey

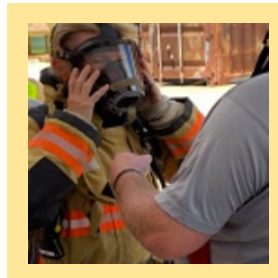
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OVERVIEW (DAY TWO):



TOTAL TIME (DAY TWO): 8am-5pm

You will experience what it is like to wear bunker gear (mask, air tank, gloves, boots, and hood). You will then be put through 2-3 fire scenarios. Example scenarios include a search and rescue, watch live burns, and an EMS scenario, which might include performing CPR. Additionally, you will visit a fire house to discuss various topics in different rooms of the fire station.

To register for this two-day program, please use this link or scan the QR code below:



www.floridafirefightersafety.org/mental-wellness/clinician-awareness-form



After completion of both days of the course, and 10 hours of ride along with a fire department, clinicians will qualify to register on redlinerescue.org, a website matching clinicians with fire service personnel seeking behavioral health services.

Clinician Awareness Program Coordinator (DAY TWO):



Rob Neuberger, Lt.,
St. Petersburg Fire Rescue

Clinician Awareness Program
Coordinator, FFSHC

Rob began his career in Fire/EMS in 2000, he is currently in his 20th year of service with St. Petersburg Fire Rescue. He became a Paramedic in 2007 and was promoted to the rank of Lieutenant in 2016. Rob has been serving the Safety & Training division since 2017 and is the Peer Support Team coordinator. Rob was also named the 2020 Fire Officer of the Year for his department. He holds many certifications through the state of Florida including Instructor, Live Training Instructor, Incident Safety Officer, Public Information Officer, and Fire Officer 2. Rob has always been an advocate for behavioral health and mental wellness and was instrumental in developing the behavioral health program as well as the Peer Support Team in St. Petersburg and even extending to other nearby agencies.

CONTINUING EDUCATION:

The UCF Psychology Clinic Training Services is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCF Psychology Clinic Advanced Training Services maintains responsibility for this program and its content.

ABOUT REDLINE
RESCUE:



Redline Rescue is a website sponsored by UCF RESTORES that is dedicated to the mission of first responder mental wellness, connecting first responders with the support they need and deserve.

