

**FREE Training**

# **SKILLS FOR PSYCHOLOGICAL RECOVERY**

An evidence-informed approach to help your community manage distress and cope with post-disaster stress and adversity.



**THREE PART  
VIRTUAL TRAINING**

**NOVEMBER 1, 7, & 15  
12-3PM (ET)**

Skills for Psychological Recovery (SPR) is an evidence-informed modular intervention that aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity.

This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations. Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan, and is culturally informed.

To learn more or to register, follow the link below.  
<https://ctac.uky.edu/sprregistration>

Scan this  
code to  
register!



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