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To: Kester, Tonykester@aging.sc.gov
Date: 3/20/2015 12:02:29 PM
Subject: Mindfulness as a Counseling Tool live video training

Access the following training right from your desk:

Mindfulness as a Counseling Tool

April 6, 2015 from 1:00 PM - 2:00 PM (CST)

Mindfulness practices contribute to individuals developing greater emotion regulation, ability to engage with life and overall better physical and mental health. Counseling professionals can use mindfulness strategies to improve their own capacity to engage with and support others, as well as teach these strategies to those they support. This webinar gives an overview of considering how to apply mindfulness practices into the counseling setting.

Need this webinar sooner? [Click Here](#) to purchase our pre-recorded webinar on the topic.

De-escalating Potentially Violent Situations™

March 23, 2015 from 1:00 PM - 2:00 PM (CST)

June 5, 2015 from 1:00 PM - 2:00 PM (CST)

For those who work in an environment where there is potential for violence, it is important to develop the skills needed to defuse dangerous situations. This webinar will focus on how to de-escalate potentially violent situations through assertiveness and interpersonal communication. Participants will gain a clear understanding of how to assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially violent situations.

Need this webinar sooner? [Click Here](#) to purchase our pre-recorded webinar on the topic.

Violence Threat Assessment – Planning and Response

April 24, 2015 from 1:00 PM - 2:00 PM (CST)

Knowing how to respond to a threat is a tremendous challenge. After a violent incident, it is not uncommon to find that many different people were aware of clues that an attack was being planned. Yet, without the proper mechanism to gather information and assess the situation, prevention is nearly impossible. This webinar provides a communication and decision-making model to help businesses, schools, organizations and communities become proactive in their management of threats. Strategies to help you identify, assess, and manage individuals who make threats will be explored.

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More upcoming live webinars:

Anxiety – Practical Intervention Strategies

May 5, 2015 from 1:00 PM - 2:00 PM (CST)

Self-Injury Behavior in Youth – Strategies for Helping

May 21, 2015 from 1:00 PM - 2:00 PM (CST)

Critical Incident Group Debriefing

June 17, 2015 from 1:00 PM - 2:00 PM (CST)

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Regards,

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