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Dutchess agency offers psychological first aid courses March 22

Thursday, March 15, 2018



POUGHKEEPSIE, N.Y. >> The Medical Reserve Corps of Dutchess County will offer two free psychological first aid training sessions on Thursday, March 22. Sessions will be offered at 3 p.m. and at 7 p.m. at the Dutchess County Department of Emergency Response, 392 Creek Road.

Psychological first aid teaches ways to manage emotions and responses related to a disaster, terrorist incident or another highly stressful or traumatic event.

While first responders and other professionals may find the training useful, anyone can benefit from learning strategies to help manage the emotions associated with a highly stressful event.

The program will be led by Amy Nitza, director of the Institute for Disaster Mental Health at SUNY New Paltz and a specialist in mental

health training and group counseling.

Registration is required. Seating is limited. To register, call Joe Ryan at (845) 486-2493 or email jryan@dutchessny.gov.

URL: <http://www.dailyfreeman.com/general-news/20180315/dutchess-agency-offers-psychological-first-aid-courses-march-22>

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