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## Welcome to the Mental Health + Wellness Initiative!

Thank you for subscribing to our initiative, we are so happy you are here! Through this subscription, we'll be sharing initiative updates, events, and trainings - so stay tuned!

We are pleased to announce the first offering of our Mental Health + Wellness program, *Critical Incident Desensitization Protocols Training for Public Health Professionals*, on Thursday, June 23, from 12:00 p.m. to 4:00 p.m. CDT. In recent years, public health practitioners have been inundated with a high frequency of exposure to traumatic and adverse experiences. Grounding, stabilization, and desensitization tools can be particularly beneficial to assist colleagues and/or patients cope with and overcome stressful or traumatic experiences or events. Studies have shown that immediate desensitization of traumatic experiences reduces the possibility of the development of PTSD.

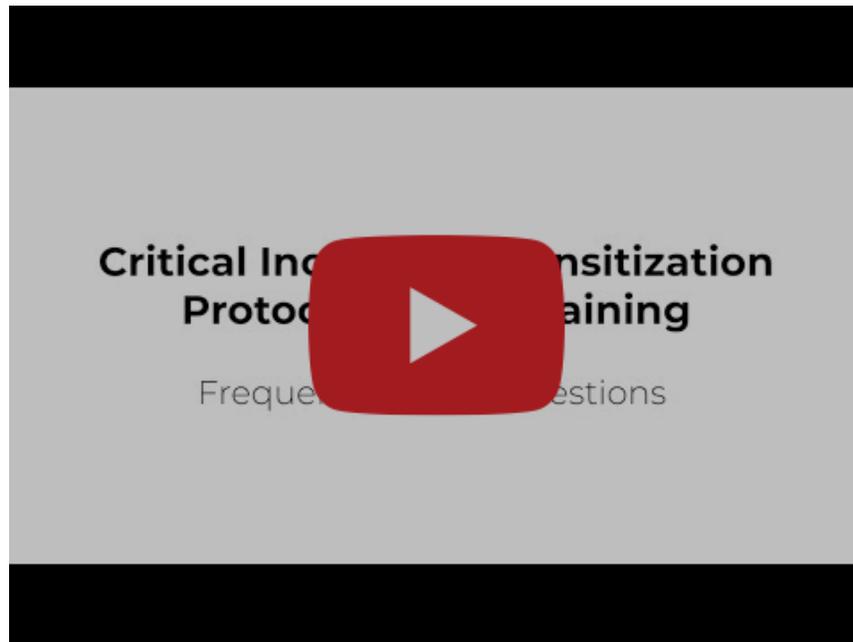
In this 4-hour training (in-person or via Zoom), participants will learn a set of crisis intervention protocols that immediately reduces some of the impacts of a traumatic or overwhelming event. CIDP was developed to assist non-mental health care professionals in times of high stress. While CIDP uses eye movements and other therapy concepts, it is not considered psychotherapy. This training is free and space is limited, so if you sign up and can't make it, please contact the email below.

Learn more and [register here](#). View the video below to hear more about the training from our trainer, Sheila Russel, LISW, CADC. The flyer is also available below; feel free to circulate.

If you have any questions or comments, please email Kathleen May ([kathleen-may@uiowa.edu](mailto:kathleen-may@uiowa.edu)).

Thank you for all that you do!

The Mental Health + Wellness Team



# CIDP TRAINING

critical incident desensitization protocols training for public health professionals

**JUNE 23, 2022 | 12PM-4PM**

**in-person or via zoom**

[bit.ly/cidptraining](https://bit.ly/cidptraining)

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**IOWA**

College of Public Health  
Institute for Public Health Practice



This project is funded by the Iowa Department of Public Health.

[Learn more and register here](#)

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