

Please join us for an educational class featuring Ray Shelton Ph.D. Director, Professional Development American Academy of Experts in Traumatic Stress



Dr. Shelton develops and trains claims professionals, corporate, industrial, emergency service, clergy and educator based trauma response teams, as well as providing training to the mental health community regarding Traumatic Incident Stress Management. He has presented his program "Catastrophe – Managing the Psychological Trauma" at the PLRB Claims conference for the past 6 years. He was the recipient of the PLRB "Outstanding Presentation" award at the 2007 conference in Orlando Florida.

His seminars and workshops cover a wide range of topics and have been described as high energy, practical, and down to earth. His presentation style allows each participant to feel personally involved and connected to the material.

OBJECTIVES:

1. Describe the impact stress has on health, safety, performance, productivity and relationships.
2. Describe the importance of awareness as it relate to identifying and managing the various sources of your stress.
3. Describe how mental outlook - Attitude contributes to or assists in the management of stress.
4. Identify Action steps to regain control of your stress at home, at work, and in your relationships.

Location: CSAA Sacramento Training Facility
8687 Weyand Avenue - Sacramento, Ca. 95828 Room A / A1

RSVP: Traci Dorsey 510.220.5939
TDorsey@Vanderbuilt.net

Payment is due upon booking and is non refundable.

Class Sponsored By Restoration Management Company and Vanderbuilt Construction

Date: March 30, 2010

Time: 9:00 - 11:30 and

1:00 - 3:30 pm

Cost: \$15.00 pp

RSVP: Space is limited!!!!

Lunch is included in the cost and will be provided from 11:30 - 1:00 pm.

Due to security issues we must provide attendee names 2 days prior to the event. Therefore we will only be accepting registration until Friday, March 26th.