

Mental Health & Paramedics

Lunch and Learn: PTSD in the Workplace



SCOP approval ID: CME2022-22
(5 Mental Health Credits)

Dr. Jody Burnett

Ph.D. R.D. Psych

Time & Date: April 6, 2022 @ 1300 hrs.

Click the link
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<https://medavie.webex.com/medavie/j.php?MTID=m38dbf92dda9ad3396c771d25d64d1988>



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webinar

Dr. Jody Burnett is a Registered Doctoral Psychologist with the Saskatchewan College of Psychologists and a High Performance Consultant who has been providing service to the general public, specializing in service provision to first responders/public safety personnel, health professionals and athletes for the past 15 years. She is also a Clinical Research Associate at the Canadian Institute for Public Safety Research and Treatment (CIPSRT) and is an Adjunct Professor in the Department of Psychology at the University of Regina.

In this lunch and learn session, Dr. Jody Burnett (Registered Psychologist) will be speaking about the prevalence of PTSD among Public Safety Personnel. Specifically, the signs and symptoms of PTSD will be reviewed with a focus on ways in which mental health treatment may be helpful in reducing symptoms of PTSD. The discussion will also involve an overview of a new digital mental health service, called PSPNET, which is available to all Public Safety Personnel (PSP), including first responders, at no cost. This discussion will include information about the PSPNET service and how it can help PSP to effectively manage mental health, including PTSD. Please join us for an exciting and engaging lunch and learn.