

# EARN 6.0 Professional CE Hours!

THE RELATIONSHIP TRAINING INSTITUTE (RTI) PRESENTS  
in association with the San Diego Fire Fighter's Relief Association

## First Responder Culture and Mental Health Treatment Implications: A Guide for Therapists

Presenters: Elizabeth K. Allen, Ph.D.,  
Captain Benjamin N. Vernon

September 13, 2024 (Friday)

### ONLINE LIVE WEBINAR

This innovative new certification course is intended for mental health providers seeking to expand their knowledge of First Responder Culture and clinical expertise working with these personnel.

**ALL ATTENDEES WILL RECEIVE A CERTIFICATE OF COMPLETION IN "FIRST RESPONDER CULTURE AND TREATMENT IMPLICATIONS" AND WILL BE INCLUDED ON A REFERRAL LIST THROUGH FIREFIGHTER AID SERVING SAN DIEGO COUNTY FIREFIGHTER PERSONNEL SEEKING MENTAL HEALTH SERVICES!!**

The **Morning Session** introduces participants to the culture of First Responders:

- Case study of Firefighter Benjamin Vernon, who was injured in the line of duty
- In-depth discussion of Moral Injury as it applies to the First Responder Community
- First Responder family life and the unique challenges they face

The **Afternoon Session** provides a thorough review of mental health and clinical considerations that arise when working with First Responders:

- Higher risk of developing mental health problems because of chronic exposure to potentially traumatizing events
- Barriers First Responders face seeking mental health treatment
- Compartmentalization and Functional Disconnection and Reconnection
- Specific DSM 5 TR diagnoses and how they may present in this community
- Sleep disruption in First Responder communities
- Implications for clinicians working with this population and the critical concept of self-care for clinicians

The Relationship Training Institute (RTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. RTI maintains responsibility for this program and its content. RTI has been approved by NBCC as an Approved Continuing Education Provider, ACEP#6181. Programs that do not qualify for NBCC credit are clearly identified. RTI is solely responsible for all aspects of the program.

**For more information:**  
Visit our website at [www.RTIprojects.org](http://www.RTIprojects.org) or...  
Contact Tami Magaro at 619.892.8318  
E-mail: [rtiworkshops@gmail.com](mailto:rtiworkshops@gmail.com)

### FACULTY:

**Elizabeth K. Allen, Ph.D.**, is a licensed clinical psychologist. She began her work in this field in the 1990s working with homeless youth in Santa Cruz County. She has worked with domestic violence perpetrators and ran a program treating parolees enrolled in the California Sexually Violent Predator Program. She treated active-duty Navy personnel including many First Responders and combat veterans at Naval Base San Diego. Dr. Allen has treated numerous First Responders over the course of her career, both active duty and civilians. For over a decade, she has guest lectured at Southwestern College Paramedic Program, including teaching responding to behavioral emergencies, abuse and assault, and self-care for First Responders.

**Captain Benjamin N. Vernon** is a Captain/Paramedic for the San Diego Fire Rescue Department. He has proudly served the citizens of San Diego for over 18 years. During his career, Ben has become a member of the Hazardous Materials and Technical Rescue Teams and is a member of FEMA California Task Force Eight Urban Search and Rescue Team (CA-TF8). He holds five specialist positions on the team. Ben continues to serve his community and is currently assigned to Station 44 in Mira Mesa.

### DATE & TIME:

#### ONLINE LIVE WEBINAR

September 13, 2024 (Friday)  
8:30 AM - 3:30 PM (PDT), 30-min. lunch break

### FEES:

#### Health Professional:

\$195 (by August 21) + \$45 for 6.0 CE's  
\$225 (after August 21) + \$45 for 6.0 CE's

#### SDPA Members:

\$175 (by August 21) + \$45 for 6.0 CE's  
\$205 (after August 21) + \$45 for 6.0 CE's

### Registration Options:

**On-line:** [www.RTIprojects.org](http://www.RTIprojects.org)  
**Fax:** 858.724.3798  
**Phone:** 619.892.8318  
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This workshop is offered for 6.0 Continuing Education Hours for advanced continuing education for psychologists, LCSWs, MFTs, NBCC, and NAADAC.



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