

***“Improving the effectiveness of clinical practice
by Reducing Occupational Hazards in providers”***

Hosted by Sacramento County BHS, QM; Training provided via Teams

Facilitators: Heather Amos, LMFT;

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**Free
CEs**

**Behavioral Health
Professionals YOU are Important!**

We are inviting ALL Behavioral Health Professionals—staff providing direct services, clinical staff, and supervisors at county operated and contracted providers.

Learning Objectives

- Identify four negative impacts to clients resulting from clinicians with unmanaged occupational hazards.
- List three common occupational hazards and three signs that these are impacting clinical work.
- Describe two legal/ethical issues in relation to client-care and self-care.
- Identify two resilience boosting strategies to improve clinical management of common occupational hazards.
- Describe mindfulness and at least two ways it can improve the effectiveness of clinical practice.
- Describe the connection between self-care and clinical practice.



Course Schedule:

8:45a-9:00a	Check-in & Welcome
9:00a-10:30a	Course Instruction
10:30a-10:45a	Break
10:45a-12:00p	Course Instruction
12:00p-1:00p	Lunch
1:00p-2:45p	Course Instruction
2:45p-3:00p	Break
3:00p-3:30p	Course Instruction
	Evaluation

**See page #2 for: Registration,
Continuing Education Credit, and
Contact Information**

Course Description

This course will examine how to improve the effectiveness of clinical practice by reducing occupational hazards in behavioral health professionals. Providers must be aware of the implications, such as potential risks to clients, ineffective clinical interventions, and a negative therapeutic relationship, resulting from these conditions. Behavioral health professionals must be prepared to recognize the signs and symptoms and take steps to ameliorate conditions that can lead to impaired clinical practice. The impact to clients resulting from occupational hazards experienced by behavioral health professionals can also lead to unethical practices and harm to clients. This course will review the most common occupational hazards in clinical practice. It will reference best practices and ethical guidelines to help prevent harm to clients. The course includes clinical practices, interventions, and self-care management strategies (such as mindfulness) that can be utilized to maintain effective clinical practice. Clinicians will learn about the connection between effective client care and self-care management.



FREE CEs!

No partial credit-- You must attend the entire course to receive a certificate/CE credit.

- Course meets the qualifications for 3.0 hours of Continuing Education Credit for LMFTs/LCSWs/LPCC's and/or LEPs as required by the California Board of Behavioral Sciences (BBS) CAMFT #129915; and for Certified Alcohol and/or Drug Counselors as required by the California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number 9-25-370-1027. BHS is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs/LCSWs/LPCCs and/or LEPs. Sacramento County BHS, QM maintains responsibility for this program/course and its content.
- Certificate of completion offered for all participants.
- CE certificates will be distributed after the training upon completion of the post-test, and course evaluation.

To access QM Training Calendar and Online Registration form go to:
[Behavioral Health Services Training Opportunities \(saccounty.gov\)](http://saccounty.gov/BehavioralHealthServicesTrainingOpportunities)

2026 training dates (please check QM Training Calendar for any changes in training dates): **3/13/26, 6/12/26, 9/11/26, 12/11/26**

To register, send this **completed** form to QMTraining@saccounty.gov
**If we are unable to accommodate your request,
you will be notified**

Log-in information will be provided upon enrollment.

Print title of Training: _____
Date of Training you are registering for _____
Print Your Name: _____
Agency & Program: _____
Agency Type: _____
Classification: _____
E-mail: _____
Phone Number: _____ Fax Number: _____

ADA and Interpreter Needs: If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Alondra Thompson one week prior to the event at the phone (916) 709-5485 or via email to thompsonal@saccounty.gov

Questions, Concerns, or Grievances: Quality training is our goal, please direct any questions, concerns or grievances to: QMTraining@saccounty.gov