

## The Superpowers of Sleep, Stress & Self-Care



### *Instructor Information:*

Matthew T Rensi, Ph. D., LPCC, is a Licensed Professional Clinical Counselor who also holds a Ph. D. in counselor education and supervision. He has extensive experience providing therapy to people struggling with psychosis, homelessness, various mental health issues and the legal system. In addition to this, he provides trainings throughout Santa Clara County on various aspects of mental health treatment including assessment, individual therapy, and safety/crisis situations. Matt has also conducted research on the Diagnostic and Statistical Manual of Mental Disorders using linguistic analysis.

**Instructor:** Matthew T. Rensi, Ph.D., LPCC

### *Course Description:*

This course covers research around the effects of stress and sleep on the body, how that impacts the way we function and live in general. The course then shifts and focuses on research around self-care and improving how we can better manage our stress and sleep in order to be more joyful, effective and fulfilled in our work and personal lives.

**Date:** July 30, 2024

**Time:** 8:30am-11:00am

**Location:** Virtual training- link will be sent to registrants

**RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>  
All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet)**

**Free to all registered participants**

**Continuing Education Credits: This course is approved for 2.5 continuing education units/credits/hours.**

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**Audience:** RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, and LEPs, associate-level and support staff providing client care in the public behavioral health system

**Seat #:** 40

**Location:** **Virtual training-** link will be sent to registrants  
If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

## **Educational Goals:**

Identify negative effects of sleep  
Impact lack of sleep  
One self-care strategy

## **Learning Objectives:**

1. Participants will identify and practice at least one negative effect of stress
2. Participants will identify and practice describe the impact lack of sleep has on themselves.
3. Participants will identify and practice at least one self-care strategy

## **Course outline:**

<b>Time</b>	<b>Topic/Content</b>
8:30am-9:30am	Identify negative effects of sleep
9:30am – 10:30am	Impact lack of sleep
10:30am – 11:00am	One self-care strategy

**CEs will be provided by Community Solutions. This course is approved for 2.5 hours of continuing education units for LMFTs, LCSWs, LPCCs,LEPs, and CADAACs as required by the California B.B.S. under CEPA Provider #129412 and LAADC by CCAPP-EI CADAAC Provider # 1N-98-402-1225 & 3-22-341-0424 for (12) CEH'S.**

**Requesting Continuing Education:** Participants interested in receiving continuing education credit will be provided an electronic course evaluations by the trainer once the training concludes.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact Workforce Education and Training at 951-955-7270 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).