



**Free SCCA Post Conference Workshop**  
**Psychological First Aid: Helping Others in**  
**Times of Stress**

**Saturday, February 24, 2018 1:00 pm -4:00 pm**

SCCA Conference-Westin Hilton Head Resort and Spa; 2 Grasslawn Avenue  
Hilton Head, SC 29928



**Presenter: Barbara Melton, M. Ed., LPC, LPCS**

This three hour training is a basic level course that provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. The course introduces the principles of psychological first aid. Participants engage in practice exercises and a review of the course content.

**Learning Objectives:** Upon completion of this course, participants will be able to:  
Recognize the signs of stress in clients, co-workers, and themselves. Provide immediate support to people who may be experiencing stress by using psychological first aid principles. Obtain Disaster Mental Health support for clients, co-workers, and themselves, when needed.

Barbara Melton, LPC is the Disaster Mental Health Lead for the Lowcountry Chapter in South Carolina. She has volunteered with the Red Cross since 1991 and been on a number of deployments nationally as a Mental Health Supervisor with the Red Cross as well as with Substance Abuse Mental Health Services Administration as a team leader across Louisiana after Hurricane Katrina. She is also President of the SC Assn for LPCs and has a private practice in the Charleston area.

***SCCA Conference registration ([www.sccounselor.org](http://www.sccounselor.org))***

Number of participants may be limited due to room space available, so sign up early to reserve your seat. **If you are not registering for the SCCA Conference and wish to attend this workshop, please email Barbara Melton directly (email: [bmelton@homesc.com](mailto:bmelton@homesc.com))**

**Materials will be emailed by the presenter, Barbara Melton.**