



Caring for the Caregiver

June 8, 2022

DETAILS & LOGISTICS

Time: 1:00pm—2:00pm EDT

Where: Virtual (*Zoom webinar*)

COURSE DESCRIPTION

Many adults find themselves in the position of being caretakers for their parents or a loved one as they get older. Caring for a loved one can be a rewarding experience, but can also lead to heightened feelings of stress and create strain in relationships. This workshop will explore signs and symptoms of caregiver stress and identify strategies that can be used to support caregivers as they encounter changing family roles and dynamics.

OBJECTIVES

- Identify how stress and “burnout” impacts physical and mental health outcomes
- Identify signs of caregiver stress
- Identify strategies to support caregivers

WHO SHOULD ATTEND?

Caregivers, behavioral and medical health professionals, professionals who support caregivers

Certificates of attendance will be available to viewers of 50% (30 minutes) or more of the live webinar via email within 30 business days following the event. CEUs are not available for this session.

This webinar will be recorded and archived on the Central East MHTTC website

SPEAKERS:



Dana Cunningham, Ph.D. is a licensed psychologist and Faculty Consultant at the University of Maryland School of Medicine in the Department of Psychiatry. Dr. Cunningham is the Program Director of the Prince George’s School Mental Health Initiative,

which is a school-based mental health program designed to support the emotional and behavioral needs of students in special education. Dr. Cunningham is also the Vice President of Community Outreach and Engagement in Black Mental Wellness. She obtained her bachelor’s degree from Spelman College and completed her doctoral training in Clinical Psychology at Southern Illinois University at Carbondale. Dr. Cunningham’s clinical and research interests include trauma, children of incarcerated parents, and increasing access to care for underserved youth.



Dr. Danielle Busby was born in Detroit, MI and raised in the Detroit metropolitan area. She received her B.A. in Psychology from the University of Michigan, and her master’s and Ph.D. in Clinical Psychology from The George Washington University. Currently,

Dr. Busby is an Assistant Professor at the University of Texas Medical Branch (UTMB). In this role, she primarily serves youth and families experiencing a range of mental health concerns through the Texas Child Health Access Through Telemedicine (TCHAT) program. Dr. Busby’s expertise is in trauma-informed assessment and intervention; evidence-based clinical practices; and suicide risk assessment and intervention. She is passionate about decreasing barriers to mental health service use for underserved patient populations and is committed to continuously bridging the gap between research and clinical practice.

Registration questions, training@danyainstitute.org 240-645-1145

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