

The Mind/Body Connection: Somatic Response and Emotional Well-Being

with Scott Chyna, MSW, LCSW

Tuesday, March 26, 2024 | 6:00 PM - 7:00 PM MDT | Free webinar
All are welcome to attend!

Webinar Objectives:

Participants will:

- Learn basic physiological responses to internal/external stressors and recognize the correlation between physiological responses and emotional dysregulation
- Increase awareness of their own physiological responses to internal/external stressors
- Learn specific techniques in managing physiological distress leading to emotional regulation

Register:

linktr.ee/EmpowerIdaho

About the Presenter:

Scott Chyna, MSW, LCSW, (he/his) received his Master of Social Work degree from Loyola University Chicago and has over 25 years of direct clinical practice in a variety of specialized settings including inpatient and outpatient psychiatric care and primary medical care. Scott is a clinical assistant professor at Boise State University's School of Social Work and maintains current clinical practice as a psychotherapist focusing on trauma-informed care. Scott's program management experience includes the development and implementation of an integrated behavioral health model of care for one of the Midwest's largest Federally Qualified Health Centers (FQHC).



QUESTIONS?

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