

## Workshop Description

*3/29/07 10:45 am Workshop Block 1*

**2. Stress management – post Katrina** (*Dillard U. – Myra Lewis*) *Tracks: Life Skills and Job Training/ Emergency/ Disaster Response and Preparedness*

This interactive session will model an intervention for helping Katrina survivors to move past their grief, anger, frustration, and other negative emotions relative to the losses they sustained as a result of the devastating flooding of New Orleans. Participants will work through similar experiences to understand how the identification of positive outcomes from disasters as well as negative outcomes can constitute a powerful means of allowing victims to move past negative consequences and embrace a more hopeful view of future prospects. Because these events and their associated emotions can block participants in their efforts to learn new concepts and skills, these techniques can be useful to trainers within life skills training or in facilitating technical training programs.