

Trauma-Informed Mindfulness for Military Populations: Bridging the Gap Between Service and Healing

FEATURING:

- Insights into military culture and its impact on tailoring effective mindfulness-based trauma recovery interventions.
- Practical strategies for implementing mindfulness techniques in a culturally sensitive and trauma-informed way for military clients.

Wednesday, July 16, 2025

12:00 p.m. – 1:00 p.m. ET

Livestream Series

(Online Synchronous Training)

\$14.99 Early Bird Registration

After July 2nd, registration is \$19.99

FREE for Plus U Bundle and Save Members!

Please scan QR Code or register online at www.ceucreationsinc.com



1 CREDIT HOUR APPROVED FOR:

- **Social Workers**
ASWB ACE – 1 Clinical CE credit
New York State Education Department's State Board for Social Work – 1 Contact hour
- **Counselors** – 1 Contact hour
NBCC ACEP – 1 Contact hour
NY State Education Department's State Board for Mental Health Practitioners – 1 Contact hour
- **Nurses**
California Board of Registered Nursing – 1 Contact hour
- **Case Managers**
CCMC – 1 Contact hour

Attendance or applied credit certificate available for other credentials. Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTED BY:



Samantha Getha, LCSW, Owner of Waves of Courage Counseling LLC

Samantha "Sam" Getha is a licensed clinical social worker in Alaska and Virginia, specializing in trauma-focused care for military and veteran families, in addition to her experience working with healthcare workers and law enforcement. She earned her Master of Social Work degree from the University of Southern California, focusing on military mental health.

An expert in trauma, including complex PTSD and attachment trauma, Sam brings over 9 years of experience from her roles as a hospital social worker, mental health provider, family advocacy outreach manager, and domestic abuse victim advocate on military installations. Drawing from a lifetime immersed in military culture as a military brat and spouse, she brings a unique perspective and empathy to her work.

Samantha is a certified EMDR therapist and is certified in Trauma-Sensitive Yoga, valuing ongoing education and having taught mindfulness in inpatient and one-on-one settings. She strives to be culturally competent in all aspects of her practice. In her private practice, Waves of Courage Counseling LLC, Sam currently offers one-on-one online therapy sessions for adults 18+, as well as clinical supervision and consultation. She is a Virginia Board-approved supervisor for social workers and contracts with non-profit organizations to expand her reach.

Originally from North Carolina, Sam is a second-generation Filipino American who now resides in Northern Virginia, enjoying outdoor adventures with her husband and dogs.

Thank you to our sponsors for your generous support!

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at support@ceucreationsinc.com.



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AGENDA (all times are Eastern)

11:45 a.m. – 12:00 p.m. Log in and Virtual Networking

12:00 p.m. – 1:00 p.m. Presentation

This one-hour training will explore how to leverage mindfulness-based interventions to build resilience and enhance trauma recovery for military members and veterans. Participants will explore the unique challenges faced by this population, the role of mindfulness in trauma recovery, and practical strategies for implementing mindfulness techniques in a culturally sensitive and trauma-informed manner.

By the end of the session, the participant will be able to:

1. Identify key aspects of military culture that should inform the delivery of mindfulness-based interventions.
2. Describe the common types of trauma experienced by military personnel and their impact on mental health.
3. Summarize the role of mindfulness, common mindfulness-based interventions, and their potential benefits for trauma recovery in the military population.
4. Develop an action plan for introducing and tailoring mindfulness practices to meet the specific needs of military clients in a trauma-informed therapeutic setting.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

To receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/24-11/22/27. Social workers completing this course receive 1 Clinical continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 Contact hour.

COUNSELORS: 1 Contact hour.



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 Contact hour.

NURSES: 1 contact hour. CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

Cancellation Policy: Registrants **must** cancel via email at support@ceucrationsinc.com (contacting other staff members/leadership does not guarantee your cancellation). No faxes or mail cancellations will be accepted. Cancellation Fee: \$25. Refunds will not be given for cancellations within five (5) business days prior to the workshop date.