

NO-COST PROVIDER TRAINING!



nh healthy families™

The Nervous System Stabilization Group (NSG)

The Nervous System Stabilization Group (NSG) is an approach to stabilizing the effects of trauma and high stress, such as after a critical incident, losing a client to suicide, or in on-going high stress professions such as clinical work with high-risk clients. NSG combines aspects of Post Traumatic Stress Management by emphasizing skills and practice with a well-researched Eye Movement Desensitization and Reprocessing derived approach.

In partnership with the State Suicide Prevention Council's Survivors of Suicide Loss Subcommittee, training will be offered through six (6) one and one half (1.5) hour long Zoom sessions. These trainings are available to Providers engaged in high-stress clinical work who would benefit from this approach to reduce vicarious trauma and burn out. Clinicians can sign up for one or more sessions.

Each session will be capped at ten (10) participants. Please be sure to only register if you plan to attend as spots are limited.

NSG Session 1 - Wednesday, June 5th 3:00-4:30 pm.
Register: <https://naminh-org.zoom.us/meeting/register/tZEvcOGppj4iG9V6QYAqTBbUJl4KMkM7kc48#/registration>

NSG Session 2 - Wednesday, June 19th 10:00-11:30 am
Register: <https://naminh-org.zoom.us/meeting/register/tZElc--qpjwuEtxSzRQGb957JaUBWeOeDGe7#/registration>

NSG Session 3 - Monday, July 8th at 3:00-4:30 pm.
Register: <https://naminh-org.zoom.us/meeting/register/tZwvc-2tqzsuHd2NN3psLWB-hakVHMNW2A43#/registration>

NSG Session 4 - Wednesday, July 24th 12:00-1:30 pm
Register: <https://naminh-org.zoom.us/meeting/register/tZEuc-yqpzwpH9ZUoiPaa2kZ1l1f8USpTLhh#/registration>

NSG Session 5 - Monday, August 5th 4:00-5:30 pm
Register: <https://naminh-org.zoom.us/meeting/register/tZOqd-CurzgiHtN94UMZ9qLGhSk8n9irxYt6#/registration>

NSG Session 6 - Wednesday, August 21st 10:00-11:30 am
Register: https://naminh-org.zoom.us/meeting/register/tZAlduGtqzwrHdZkgVsP_UraXOSVmu-7TW6C#/registration

Special note:

Group members will be asked to be on camera during the duration of the session. This is a key element of the group efficacy and success.



Alexandra Pradas is a licensed independent clinical social worker with 15 years of experience in direct service and program management across diverse clinical and educational settings. She currently works as a therapist in private practice settings supporting individuals to find healing from acute and complex forms of trauma. She has comprehensive experience in the areas of suicide prevention, suicide loss bereavement, and mental health crisis response. Alexandra is also a behavioral health consultant and trainer, partnering with many organizations across New England to support mental health awareness and increase access to education and support. Alexandra lives in the White Mountains Region of NH, where she enjoys spending lots of time outside with her three quirky, adorable dogs.

Please reach out to Megan Melanson, Manager for Behavioral Health, at Megan.S.Melanson@Centene.com with any questions.

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