



Supporting Survivors of Gun Violence:

Tools for Mental Health Providers



Date & Time: March 28, 2025 at 12:00 PM EST
1 CEU through NBCC



Zoom Registration

Gun violence has been declared a **public health crisis** by the Surgeon General, with nearly **6 in 10 U.S. adults** expressing concern about a loved one becoming a victim. **Mental health providers** play a critical role in **supporting survivors** and their families as they navigate the lasting **psychological impact** of gun violence.

Training Outline

This training equips providers with essential tools to assess and support clients who have experienced gun violence. Participants will learn to implement effective screening tools, provide trauma-informed care, and integrate grounding and mindfulness techniques to help survivors and their loved ones regain a sense of safety and stability.



Give an Hour is approved by the American Psychological Association and the National Board for Certified Counselors (NBCC) to sponsor continuing education for psychologists. Give an Hour maintains responsibility for this program and its content.



Speaker: Sarah O'Connell
LICSW, LCSW

Bio: Sarah is an LICSW with over 17 years of experience in the mental health field. Sarah's focus areas are depression, anxiety, grief, trauma, and substance use. She is trained in EMDR and i-rest.

Learning Objectives:

- Utilize assessment tools tailored for individuals impacted by gun violence.
- Develop strategies to support survivors, families, and loved ones coping with trauma.
- Implement grounding and mindfulness techniques to promote emotional regulation and resilience.

