



Greater Houston Athletic Trainers Society



Hosting FREE Continuing Education for Athletic Trainers

Saturday, January 16, 2021

Session One: 8am-9:30am

Mental Health in the Athletic Training Room

Presenter: D. Rod Walters II, DA, ATC

Register: <https://rodwalters.com/seminars/>

Location: Zoom

Time: 8am-9:30am (CDT)

Learning Objectives:

- Explain the importance of self-care and give two examples of self-care behaviors
- Identify signs and symptoms of various mental health illnesses
- List 3 triggers that contribute to mental health illnesses.
- Develop mental health assessments to identify at-risk athletes.
- Create a plan for referring athletes with suspected psychological concerns to appropriate mental health care professionals

Accreditation and Credit Designation:

Athletic Trainers must register and complete the post participation assessment and course evaluation to receive their statement of credit.



Walters, Inc, is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This course offers 1.5 hour of Category A CEU for certified athletic trainers.

Session Two: 9:30am-11am

Effective Communication During a Mental Health Crisis

Presenter: Kim Jackson and Amy Cmaidalka

Register: <https://athletictrainingeducation-houstonmethodist.thinkific.com/>

Location: Zoom

Time: 9:30am-11am (CDT)

Learning Objectives:

- Review and Define various mental health illnesses
- Explain the importance of destigmatizing mental health illnesses
- Give examples of effective communication skills
- List three strategies for communicating with athletes with mental health challenges
- Explain how to communicate with individuals with different cultural backgrounds
- Develop a plan for communicating mental health concerns to proper personnel
- Identify Texas laws for reporting mental health
- List resources for self-help after a crisis

Accreditation and Credit Designation:

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