



Department
of Health

Office of Health
Emergency Preparedness

OHEP-562a: Individual & Collective Resilience in Response to Traumatic Stress Exposure

Course Description:

Healthcare professionals often encounter high-stress and potentially traumatic situations that can have lasting impacts on both personal well-being and professional functioning. This 4-hour training is designed to increase participants' understanding of operational and traumatic stress. Through a blend of didactic instruction, applied discussion, and experiential learning, participants will explore the physiology of stress, the spectrum of trauma responses we can expect to witness, and the difference between expected stress reactions and clinical conditions associated with traumatic stress exposure. Participants will learn both individual and collective resilience strategies to help reduce the impact of stress, learn strategies for adaptive coping, and promote long-term well-being across healthcare systems.

Hosted by the Institute for Disaster Mental Health (IDMH) at SUNY New Paltz

Course Objectives:

By the end of this training, participants will:

- Understand the different types of stress and how they can impact us.
- Understand the possible clinical outcomes of exposure to stress and types of treatment available
- Explore strategies for developing individual and collective resilience.

Available Virtual (Online Only) Course Sections:

- **Online/Virtual Only:** [Monday, January 12, 2026, from 10:00am - 2:00pm](#)
- **Online/Virtual Only:** [Tuesday, February 17, 2026, from 10:00am - 2:00pm](#)

Length: 4 Hours

Cost: None.

Target Audience:

Emergency Management, mental health, hospital, public health workers, first responders, or anyone likely to become involved in the disaster response in their communities.

NOTE — PLEASE READ:

Please verify your contact information and your employer information in your LMS profile when registering. Any required course correspondence will be sent using the e-mail address listed in LMS.

Registration Details:

Register through the New York State Department of Health Learning Management System (LMS). Access the LMS by visiting www.nylearnsph.com and searching for course number [OHEP-562a](#) or scanning the QR Code Below.



Office of Health Emergency Preparedness

518-474-2893

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Learning Management System Support

518-473-4223 | Select Option for LMS Administration

edlearn@health.ny.gov