Course Description: This training provides simple tools to help you manage stress, such as how to recognize it and why it matters to you physically, mentally, and in relationships.

Training Location: Tulsa—TBA

Lodging: Location—TBA
Lodging reservations will be made for you. All participants qualified for lodging will automatically be booked a room. A verification email will be sent one week before training along with a confirmation number. For individuals traveling in excess of 130 (map) miles one way, lodging is available the night before.

Cell Phones/ Electronics: Due to the nature of employment with Child Welfare it is understandable for participants to have cell phones in class. However, out of respect to the trainers please keep phones on silent and excuse your self to the hall if you must take a call. Use of laptops, iPods, IPads, etc are not permitted during training sessions.

Training Group: This workshop is open to enrollment for CW IVs and CWS IIIs who have been approved by their administrators to attend and is limited to 30 participants. Participants must have completed all CORE, Level I, and Level II training.

Credit: Participants are reminded that anyone missing more than 30 minutes of a workshop may not receive full credit or may be sent home.

Cancellation: If you find you cannot attend after you have registered, please email CW.CPMTraining@ou.edu.

Have Questions? Visit our website: http://www.ou.edu/cwtraining