

The Indian Health Service (IHS) TeleBehavioral Health Center of Excellence in collaboration with the IHS Clinical Support Center (Accredited Provider) presents:

Telehealth Webinar Series

## Trauma and Emotional Identification and Regulation

To Register: [https://ihs-gov.zoomgov.com/webinar/register/WN\\_kXA\\_TfEqRO6ZRZpPQbVcmg](https://ihs-gov.zoomgov.com/webinar/register/WN_kXA_TfEqRO6ZRZpPQbVcmg)

August 4, 2026, | 12:00 pm EST, 11:00 am CST, 10:00 am MST, 9:00 am PST, 8:00 am AKST

Duration: 1 hour

### Presenter:

Amy Nim, MD, Psychiatrist, University of New Mexico

### Description:

In this webinar, we will discuss the developmental foundations of emotional identification and regulation, highlighting how early emotional difficulties can influence functioning with respect to age by age considerations. Participants will learn practical, client-centered approaches to teaching grounding and centering techniques, along with evidence-informed strategies to support emotional regulation. The session will emphasize developmentally responsive, trauma-informed skills that can be applied across clinical and community settings.

### Outcomes/Objectives:

1. Examine age by age considerations of emotional difficulties and implications in adulthood should difficulties continue
2. Identify "grounding" and "centering" techniques in language meaningful to clients
3. Apply regulations techniques to support individuals experiencing emotional difficulties.

### Content Level:

Intermediate

### Target Audience:

Target audience for training is clinical professionals, behavioral health specialists, and addiction specialists.

### About the Presenter



Dr. Nim is Child and Adolescent Psychiatrist at the University of New Mexico where she serves as Associate Medical Director at the outpatient children's psychiatric clinic. She is also a faculty member in the Division of Community Behavioral Health at UNM. She is a native New Mexican and her time is divided into clinical care, clinical administration, teaching, and working on community-oriented projects to improve the mental health of New Mexicans.

### Instructions for Obtaining Continuing Education Credit:

To receive a certificate of continuing education you must:

- Electronically register for the session.
- Participate in the entire live 1 hour activity. No partial credit will be given.
- Complete the online evaluation by **August 18, 2026**. You will be able to print your certificate after completing the evaluation.

## ACCREDITATION:



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In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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### Nurses

This activity is designated 1.0 contact hour for each hour of participation.

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As a Jointly Accredited Organization, the IHS Clinical Support Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit.

### Psychologists



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### Counselors

Many state Counselor boards (including the various types of addiction counselors, mental health counselors, etc.) accept either APA or ASWB approval. See these approvals under Psychologists and Social Workers. Please check with your board to be sure.

### Attendance

Participants can select a certificate of attendance, enabling participants to register with licensing boards or associations that have not been preapproved for credits. To apply for credit types not listed above, participants should use the procedure established by the specific organization from which they wish to obtain credit.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

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There is no commercial interest support for this educational activity.

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