

FIRST FRIDAY FORUM | MARCH 1, 2024 | 3 CREDITS

The Effects of Heat Waves on Clients and Providers, and Mitigation in Psychological Services

SPEAKER: David Swenson, Ph.D., LP

Virtual

This program qualifies for 3.0 continuing education credits

Level: Introductory: Assumes post-doctoral education status and limited familiarity with the topic.

Location: Registrants will receive a Zoom link to access the session online

About the Program:

The 2023 International Panel on Climate Change warns that the intensity, frequency, and duration of adverse weather, especially extreme heat waves, is increasing globally. This excessive heat is contributing to ocean warming, more frequent and intense storms and flooding, and wildfires that result in socio-economic disruptions as well as personal trauma. The hottest temperatures recorded in history occurred in the month of July this year. Hyperthermia is a significant risk to both vulnerable and able-bodied people and has physiological and psychological effects that can exacerbate mental illness and other health conditions. This presentation explains the effects of hyperthermia with emphasis on mental health and recommendations are made regarding early prevention, crisis intervention, structure of therapy services, and an expanded role for therapists.

This program qualifies for 3.0 continuing education credits. Attendees must attend the entire session to gain credit. Registration fee includes access to live webinar, program agenda, program PowerPoint, and continuing education certificate.

The speakers have indicated no conflicts of interest to report.

Participants will be able to:

1. Explain the mechanics of climate-generated heat waves.
2. Describe the physiological and psychological effects of heat.
3. Identify the implications of heat on specific mental health conditions and medication.
4. Recommend adaptations to psychotherapy sessions, client intake procedures, evaluation, and safety planning
5. Recommend promoting climate change and heat safety information to community and national leaders.

About the Presenter:

David Swenson, Ph.D., LP is Emeritus Professor of Management and former Director of the MBA in Rural Health at the College of St. Scholastica. David has been in the field for 55 years and has a forensic practice

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consulting with the courts, law enforcement, corrections, emergency services and health and human services in upper Minnesota and Wisconsin. He received his Ph.D. in Counseling Psychology in 1977 from the University of Missouri-Columbia and has been Chief Psychologist and Director of Clinical Services of the Douglas County Mental Health Center, adjunct instructor at the University of Minnesota Medical School-Duluth, and Director of Student Development and Counseling Services at the College of St. Scholastica. He is a member of the North American Climate Alliance and has been presenting on the mental health effects of climate change for the past 10 years. He is also the lead author of Stress and Resiliency in the US Judiciary.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

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REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

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