

About the Speaker

Marla Smith

Marla Smith is a Behavioral Health Coach at Heartland Family Service. Her role is to coach direct care professionals with working better with individuals identified as having complex needs.

Marla began her career in the human service industry at Boys Town in which she worked with both male and female youth in the home, applying behavior modification techniques to ensure success for at-risk youth. After becoming licensed as a LMHP, she was employed at Community Alliance as a supervisor in the Residential Rehabilitation program, providing case management services to adults with severe persistent mental illness. She believes that taking care of yourself is of utmost importance and promotes self-care as a priority.

To Register

Visit us:

Iowa Western Community College
Continuing Education, Looft Hall
2700 College Road
Council Bluffs, IA 51503

Email: ce@iwcc.edu

Call: 712.325.3255

Fax: 712.325.3721

Online:

[www.iwcc.edu/continuing_education/
health_occupations/funeral.asp](http://www.iwcc.edu/continuing_education/health_occupations/funeral.asp)

Registration Fees

Pre-registration is required. Payment for Continuing Education classes is required at time of registration.

Refunds

You may cancel your registration 24 hours prior to the start of most classes and receive a 100% refund. Certain program restrictions may apply. Contact Continuing Education for details.

Funeral Directors

Continuing Education

April 30, 2019



Continuing Education for Funeral Directors

About the Program

4 hours of Continuing Education credit.

This program is offered for Iowa funeral directors under Iowa Board Rule 102.3(2)a.(4).

The program is approved by the Nebraska and Kansas Boards of Mortuary Science. Minnesota and South Dakota will accept Iowa continuing education credit.

Upcoming Programs

Watch for programming updates at
[http://www.iwcc.edu/
continuing_education/
health_occupations/funeral.asp](http://www.iwcc.edu/continuing_education/health_occupations/funeral.asp)

Tuesday, April 30, 2019

3 pm - 7:30 pm

Check-in at 2:30 pm

Dinner 5:00 pm - 5:30 pm

\$79

(Includes hand-outs, dinner and refreshments)

\$25 for dinner guest

*Payment is due at time of
registration.*

**Registration deadline is
Monday, April 29, at Noon.**

Location

Programs will be held in the
Looft Hall Auditorium.

Program to Include

C3 De-Escalation®

This training targets a breakdown in the brain. Stress or anger— i.e. “losing it”— causes a physical to short-circuit. Brain sections that handle self-restraint, reason and consequences essentially disconnect. This can result in outbursts of aggression, agitation or reckless behavior. C3 provides three groups of techniques to help the brain calm down and stabilize:

Calm: Stress chemicals trigger the short-circuit. C3 provides ways to lower the stress chemicals, giving circuits a chance to re-connect.

Circuit: Since parts of the brain disconnect, C3 provides ways to cue disconnected parts and jump-start the circuit.

Connection: Typically, there’s a “lead time” before the actual explosion. If we notice the signs and intervene wisely, we can stop the explosion before it happens. C3 shows how to connect the dots: spot the pattern, head off the eruption.

In this training you will learn:

- how adrenaline affects the brain and its circuitry
- how to recognize signs of adrenaline flooding in yourself and how to prepare yourself against a stressful day
- how to effectively develop and strengthen skills to de-escalate calmly and safely