

DELAWARE STATE UNIVERSITY
MASTER OF OCCUPATIONAL THERAPY PROGRAM

Health & Wellness Summit



JOIN US!

Saturday, April 18, 2026

9 a.m- 1 p.m
Virtual Event

**HOSTED BY THE STUDENT
OT ASSOCIATION**

*Mental Health in Occupational
Therapy*

**GAIN PRACTICAL SKILLS AND STRATEGIES FOR
SUPPORTING CLIENTS, FAMILIES, AND YOURSELF AS
A CLINICIAN.**

**REFRAMING COPING: TRAUMA-INFORMED,
OCCUPATION-BASED APPROACHES TO MENTAL
HEALTH PRACTICE**

Evidence-based practice on current research, trauma-informed frameworks, and applied clinical examples.

**TRAUMA-INFORMED CARE ACROSS THE
LIFESPAN**

Learn the basics of trauma-informed care to recognize trauma, respond with empathy, and create more supportive environments.

SELF-COMPASSION

Discover simple self-compassion strategies to prevent burnout and build resilience as a professional caregiver.

COPING SKILLS

Explore how occupational therapists can help caregivers reframe behavior and support emotional regulation through practical, everyday strategies.

REGISTER TODAY!

Scan the QR code to register.



QUESTIONS?

Email rlwebb24@students.desu.edu

****Course is pending CEU approval*