

# PsychoSocial Rehabilitation (PSR)



## Program Description:

Psychosocial Rehabilitation (PSR) encompasses services designed to assist adults in strengthening or regaining skills designed to help them achieve their self-determined rehabilitation goals in living, working, educational or social environments and the development of environmental supports necessary to thrive in the community with the least amount of professional intervention possible.

## PSR Program includes:

- **CBHT - Certification and all In-Services**
- FARS / CFARS
- Multicultural Counseling
- Mental Health & Substance Abuse 8 hours Curriculum
- Marchman Act / Baker Act
- PSR – In Services Package
- Online accounts for all State Agencies and Board
- Level II – Background Check

If you have completed some of the trainings, please call for a customize quote

Get Certified

You can begin the class at any time and participate in our monthly webinars

Webinars

**If you are a CBHT already you can now become a PSR**

Learn More

### Note to students:

All online modules and exams to be completed in 90 days.

The estimated time for completing your PSR Program is 75 hours

**Total Investment is \$695.00**

We have payment plans and grants available

Approved providers for:



In compliance with:



Call a compliance specialist

786.316.7106

info@vidatrainingcenter.com

www.vidatraining.center

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**Delivery of Psychosocial Rehabilitation Guidelines have established the following basic principles to guide the delivery of PSR services:**

- Adults who participate in psychosocial rehabilitation have chosen to do so and have been assessed to be ready to participate and set self-determined rehabilitation goals.
- The PSR plan is individualized and tailored to the specific adult's goals, barriers, and strengths.
- All PSR activities are designed to show progressive steps towards the targeted goals.
- Motivational interviewing techniques may be used to establish 'connection' between the PSR treating provider and the adult.
- All PSR is based on the development and maintenance of specific skills and supports to meet the specific self-determined rehab goals.
- All PSR skills training meets the definition of a 'skill' and is done using a progressive skills training plan. Only specifically needed skills are taught (i.e. not everyone needs to make a menu, read labels, and cook to live independently).
- PSR is done in groups when the individual can clearly benefit from the skill set included in the class and the shared learning experience the class offers. (Organized Curriculum of skills set)
- PSR is done approximating or using 'real life' conditions where possible.
- PSR services are broken into achievable actions to facilitate success and successive improvement.