

Outline

Compassion Fatigue's Impact on Professionals, the Workplace and Caregivers

History of compassion fatigue
Compassion fatigue, secondary trauma, depression, and burnout
Recognize contributing factors
Identify how compassion fatigue robs you of your ability to nurture
The ethics of self-care – research evidence

Red Flags to Watch for: Signs and Symptoms of Compassion Fatigue

The nervous system's role in CF and its symptomology
Assessment instruments for self and others
Identify triggers for emotional distress
Review your personal/professional history

The Compassion and Empathy Toolkit: How to Maintain Purpose, Fulfillment and Thrive

Reset during the workday with strategies to:

- Restore compassion & clarity
- Reconnect with the rewards
- Raise your gratitude quotient
- Apply your signature strengths in new ways

Build competence and compassion by being present

Conquer Burnout with Strategies To: De-Stress, Manage Emotions, Reduce Anxiety, and Stop Feeling Overwhelmed

Deep breathing exercises for immediate calm
Right here/right now – stay in the moment to reduce anxieties
Effective and healthy ways to manage your emotions
Change limiting stories about caring for yourself
Release the negative – 3 steps to countering negativity bias

Create a Healthy Home/Work Balance
Bring calm after work hours with relaxation techniques
Restore body & mind with awareness
Stop replaying your day – strategies to end rumination
How to rewire your brain towards happiness
Food as medicine -- nutrition tips for enhancing resiliency and wellbeing

**Retention and Resiliency Strategies:
How Organizations and Individuals Can Build Better Work Environments**
How cleansing the toxic workplace combats compassion fatigue
Manage bullying and blaming
Communication strategies for collaborative relationships
Stair-steps towards building resilient practitioners
Empowering leadership for change

Live Webcast Schedule
(Times listed in Central)
8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience
Nurses • Nurse Educators • Nurse Practitioners
Clinical Nurse Specialists • Floor Directors and Managers
Nursing Home Administrators • CNAs • Physicians
Physician Assistants • Physical Therapists
Occupational Therapists • Veterinarians
Veterinary Technicians • Veterinary Practice Managers
Social Workers • Counselors • Clinical Supervisors
Educators • Others in Caring Professions

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COMPASSION FATIGUE

CERTIFICATION TRAINING

For Healthcare, Mental Health and Caring Professionals

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Tuesday, August 11, 2020

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COMPASSION FATIGUE

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For Healthcare, Mental Health and Caring Professionals

BECOME CERTIFIED IN COMPASSION FATIGUE!

This seminar meets ALL requirements to become a Certified Compassion Fatigue Professional (CCFP) through the International Association of Trauma Professionals.

Professional standards apply, visit traumapro.net for full certification details.



- Enhance your professional quality of life and patient care
- Easy-to-apply tools to handle the stressful situations you face in your work
- Regain purpose, fulfillment, and thrive in your profession
- Get certified, set yourself apart, and become a go-to resource

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COMPASSION FATIGUE

CERTIFICATION TRAINING

For Healthcare, Mental Health and Caring Professionals

Compassion is at the heart of your work, and at the heart of you. But excessive demands on your empathy can leave you feeling worn down, burdened by the suffering of others, and dreading your next day on the job.

This is Compassion Fatigue. It's more than being overworked, and it's a threat to the safety of your patients, your own wellbeing, your relationships, and your career.

This program is exactly what you need to regain purpose, fulfillment, and thrive in your profession -- whether you're already experiencing the emotional burnout of Compassion Fatigue, or want to make sure you avoid it.

Best of all, you will become a **Certified Compassion Fatigue Professional (CCFP)** upon completion of this program, giving you the opportunity to become a go-to resource in your facility, office or unit with the tools and understanding necessary to manage the emotional demands that can negatively impact the care of patients/clients and push other valuable team members away from the job (*visit traumapro.net for details*).

If you work in healthcare, mental health, veterinary medicine, rehab or any helping profession this is one training you can't afford to miss.

Sign up today!

Speaker

Debra Alvis, Ph.D., is a licensed psychologist, professor, and workplace wellness consultant whose trainings to address compassion fatigue have helped healthcare and mental health professionals around the country, including the medical staff at a flagship state university health center.

Over the last 20 years Dr. Alvis has designed individualized and group programs to promote stress hardiness, work-life balance, and resiliency for nurses, physicians, social workers, counselors, and others working in jobs with excessive demands on their empathy. Her work in a range of medical and mental health settings provides her with a keen understanding of these demands and the potential impact on professionals across disciplines.

Dr. Alvis also developed and led the Mind/Body Program at the University of Georgia that specializes in addressing anxiety, stress, and depression in individuals with physical health concerns and co-morbid mental health issues.

Dr. Alvis lectures, leads retreats around the world, and maintains a private practice in Georgia where she treats clients with anxiety, trauma, shame, depression and relational concerns. She continues to serve as a professor at the University of Georgia where she supervises the clinical work of doctoral students, teaches health psychology, and co-leads a research team.

Speaker Disclosures:

Financial: Debra Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Alvis has no relevant non-financial relationship to disclose.



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- Simply complete this live event, evaluation and you're a Certified Compassion Fatigue Professional (CCFP) through the International Association of Trauma Professionals.

Attendees will receive documentation of CCFP certification from The International Association of Trauma Professionals 4 to 6 weeks following the program. Professional standards apply. Visit traumapro.net/customercare/faq for answers to frequently asked certification questions.

** Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification.*



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