

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

Objectives

- Analyze the concept of compassion fatigue and establish how it relates to secondary trauma and burnout.
- Assess the factors that can contribute to compassion fatigue and communicate implications for professionals working in fields with high empathy demands.
- Investigate the role of autonomic nervous system reactions in compassion fatigue and demonstrate how self-regulation techniques can be used to address these effects.
- Apply assessment instruments that can be employed to identify the signs of compassion fatigue in self and others.
- Employ evidence-based strategies from mindfulness and mental health treatments to reduce stress, interrupt anxious rumination, and increase wellbeing.
- Demonstrate how organizations can build resiliency in their employees and increase retention with approaches to transform toxic work environments.

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 Mountain)

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

Social Workers • Counselors • 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  
Clinical Supervisors • Educators  
Others in Caring Professions

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COMPASSION FATIGUE

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Professional standards apply, visit [evergreencertifications.com](http://evergreencertifications.com) for full certification details.



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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 [evergreencertifications.com/ccfp](http://evergreencertifications.com/ccfp) 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 Premashakti 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 Premashakti Alvis has no relevant non-financial relationship to disclose.



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

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