

Outline

Essentials of Compassion Fatigue

Overview of the history of compassion fatigue

Why it is on a rise the field of caregiving

Etiology through its two primary components:

- Secondary traumatic stress
- Professional burnout

Working with People Who Are Traumatized and/or Suffering: Critical Signs for Every Clinician to Watch For

Potential symptoms and effects associated with compassion fatigue.

The process (i.e., "infection") of secondary traumatic stress

Burnout as caused by autonomic dysregulation and distorted perception

Assessment and Clinical Skills for Professional Resilience

Compassion fatigue assessment instruments for self and others: Pro-QOL

Put it to Practice: Self-administration, Scoring & Interpretation of Pro-QOL

How to narrate personal/professional history that has led to negative effects associated with work

Put it to Practice: Graphic Time Line and Written Narrative of Caregiving

Understand the role that perceived threat and sympathetic nervous system dominance play in compassion fatigue symptoms

Put it to Practice: Skills-building with self-regulation

Compassion Fatigue Strategies: Restore Joy in Your Work To Better Help Your Clients

Prevent future effects associated with secondary traumatic stress:

- Connection/support
- Relaxation
- Narrative to resolve current Symptoms

Methods to resolve current and prevent future effects of burnout

Skilled application of CBT tools to lessen the effects of compassion fatigue

- Relaxation
- Exposure

A method for symptom amelioration and resiliency.

Put it to Practice: Complete "Documents of Intention"

Professional Resilience: Clinical Skills to Enhance Resiliency

Processes, trajectory and tasks associated with professional maturation

Model that allows you to be healthy and maximally functional independent of environmental "demands"

The five key resiliency skills for the prevention

Design a self-directed professional resiliency plan

Put it to Practice: Complete Self-Directed Professional Resilience Plan

Learning Objectives can be viewed at pesi.com/webcast/84423

Live Webinar Schedule - both days (Times listed in Eastern)

8:00 Program begins

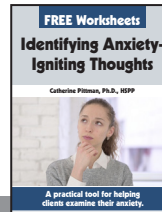
11:50-1:00 Lunch Break

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.

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Certified Compassion Fatigue Professional (CCFP)
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This program is exactly what you need to regain purpose, fulfillment, and thrive in your profession now more than ever—whether you’re already experiencing the emotional burnout of Compassion Fatigue or want to make sure you avoid it.

Exposing yourself to the trauma your clients and patients are experiencing daily can harm your physical and mental health...Leaving you feeling worn down, sleepless, burdened by the suffering of others, and dreading your next day on the job.

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

This 2-day course presents a thorough and comprehensive exploration of all things compassion fatigue: The history, causes, symptoms, treatment and prevention of compassion fatigue. Dr. Eric Gentry, trauma expert, author and trainer, will draw on his personal experience, latest research and his expertise to provide you with skills to help you—and your clients—build resiliency and optimism again. Sign up today!

And a bonus, when you complete this comprehensive training, you’ll have the education you need to become a Certified Compassion Fatigue Professional (CCFP), visit evergreencertifications.com/ccfp for more details.

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

Meet Your Speaker
J. Eric Gentry, Ph.D., F.A.A.E.T.S. is an internationally recognized leader in the study and treatment of traumatic stress and compassion fatigue. His Ph.D. is from Florida State University where he studied with Professor Charles Figley—a pioneer of these two fields. In 1997, he co-developed the Accelerated Recovery Program (ARP) for Compassion Fatigue—the world’s only evidence-based treatment protocol for compassion fatigue. In 1998, he introduced the Certified Compassion Fatigue Specialist Training and Compassion Fatigue Prevention & Resiliency Training. These two trainings have demonstrated treatment effectiveness for the symptoms of compassion fatigue and he published these effects in several journals. He has trained over 100,000 health professionals over the past 20 years.
Speaker Disclosure:
Financial: J. Eric Gentry receives compensation as Owner of Compassion Unlimited. He receives royalties as an author for Hogrefe & Huber Publishing. Dr. Gentry receives a speaking honorarium from PESI, Inc.
Non-financial: J. Eric Gentry has no relevant non-financial relationship to disclose.
To view the full bio, visit www.pesi.com/webcast/84423

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Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, Psy.D., M.S., M.A.
\$34.99 \$24.99*
Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment
By Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, Ph.D., LMHC
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