

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 Webinar 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.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts

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FREE Worksheets

Identifying Anxiety-Igniting Thoughts

Compassion Fatigue 9th Ed. 2020

A printable tool for helping clients examine their anxiety.

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Online Certification Training

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Objectives

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

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, upon completion of this live training, you'll be eligible to become a **Certified Compassion Fatigue Professional (CCFP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of compassion fatigue. Professional standards apply. Visit www.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.

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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
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- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Compassion Fatigue Professional through Evergreen Certifications is complete.*

Attendees will receive documentation of CCFP designation from Evergreen Certifications 4 to 6 weeks following the program.

**Professional standards apply. Visit www.evergreencertifications.com/CCFP for professional requirements.*

Meet Your 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.

Speaker Disclosure:

Financial: Debra Alvis is in private practice. Dr. Alvis receives a speaking honorarium from PESI, Inc.
Non-financial: Debra Alvis has no relevant non-financial relationship to disclose.

To view the full bio, visit www.pesi.com/webcast/84510

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Case Managers, Counselors, Marriage & Family Therapists, Nurses, Occupational Therapists, Psychologists, and Social Workers**

For specific credit approvals and details, visit www.pesi.com/webcast/84510

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Recommended Reading:

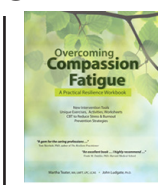


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Laura Warren, MD, Mitch R. Abblett,
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A Practical Resilience Workbook

Martha Teater, MA, LMFT, LPC, LCAS
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