

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

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.
3. Investigate the role of autonomic nervous system reactions in compassion fatigue.
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 and increase wellbeing.
6. Demonstrate how organizations can build resiliency in their employees and increase retention.

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

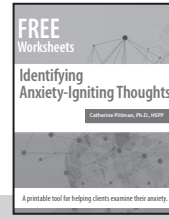
Live Webinar Schedule (Times listed in Mountain Standard)

- 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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Live Interactive Webinar

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COMPASSION FATIGUE

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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:

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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.

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 Disclosure:

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.

To view the full bio, visit www.pesi.com/webcast/86262

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Recommended Reading:



PUB085340

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54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.

~~\$19.99~~ \$14.99*



PUB085450

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Manuela Mischke-Reeds, MA, MFT

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