

## 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 Eastern)

**8:00** Program begins

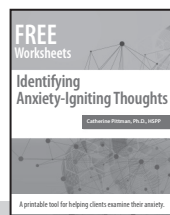
**11:50-1:00** Lunch Break

**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.

### FREE WORKSHEETS!

### Identifying Anxiety-Igniting Thoughts



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# COMPASSION FATIGUE

## CERTIFICATION TRAINING

For Healthcare, Mental Health and Caring Professionals

### LIVE Interactive Webinar

**Wednesday, January 5, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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## Online Certification Training

# COMPASSION FATIGUE

## CERTIFICATION TRAINING

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 Evergreen Certifications.

Professional standards apply. Visit [www.evergreencertifications.com/CCFP](http://www.evergreencertifications.com/CCFP) for 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, 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](http://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.**

**Sign up today!**

#### 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  
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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](http://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 hardness, 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/86447](http://www.pesi.com/webcast/86447)

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Nurses, Physicians, Physical Therapists, Occupational Therapists, Social Workers, Counselors, Educators, Psychologists, Marriage and Family Therapists, Veterinary Professionals, and Nursing Home Administrators.**

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**January 5, 2022** [PWZ86446]

**\$219.99** tuition

8am Eastern time

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## Recommended Reading:



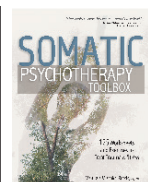
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#### Anti-Burnout Card Deck

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

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Manuela Mischke-Reeds, MA, MFT

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