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

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

Effective and healthy ways to manage your

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

Restore body & mind with awareness

Stop replaying your day – strategies to end

How to rewire your brain towards happiness Food as medicine -- nutrition tips for enhancing

Retention and Resiliency Strategies: How Organizations and Individuals Can Build

How cleansing the toxic workplace combats compassion fatigue

Manage bullying and blaming

resiliency and wellbeing

Better Work Environments

Live Webinar Schedule

8:00 Program begins

4:00 Program ends

11:50-1:00 Lunch Break

A more detailed schedule is available upon request.

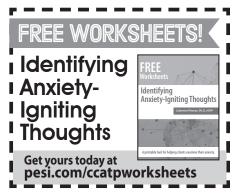
There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

(Times listed in Pacific)

Communication strategies for collaborative

Stair-steps towards building resilient practitioners Empowering leadership for change



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Objectives

reduce anxieties

- 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 fatique 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.

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.

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

*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

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.

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/86590

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Recommended Reading:



PUB085340

Anti-Burnout Card Deck

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*



125 Worksheets and Exercises to Treat Trauma & Stress

Manuela Mischke-Reeds, MA, MFT

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