

Outline

Vicarious Trauma, Burnout, and Compassion Fatigue

Differentiating between the terms
Identifying the signs: conducting a pre-training assessment of burnout
Untangling the different layers of the trauma of caregiving
A comprehensive approach to breaking the cycle of caregiver trauma

A Culture of Silent Suffering

Insanity is doing the same thing over and over expecting different results
Examining myths that caregivers hold
Challenging dysfunctional beliefs and practices
Promoting human connection as one of the most powerful tools to heal burnout

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.

Objectives

- 1. Assess for provider burnout using the Maslach Burnout Inventory (MBI).
- 2. Differentiate between burnout, compassion fatigue, vicarious trauma, and toxic stress.
- 3. Utilize nature and movement-based strategies to reduce stress levels and increase well-being.
- 4. Employ gratitude-based interventions to increase feelings of support, satisfaction, and well-being.
- 5. Utilize self-care planning and strategies to prevent and intervene when burnout threatens or becomes apparent.
- 6. Analyze how organizations and systems can combat burnout, build resiliency in employees and improve retention.

Target Audience:
Therapists • Counselors • Social workers • Marriage and Family Therapists • Psychologists
Addiction Counselors • Nurses • Nursing Home Administrators • Nurse Practitioners
Physicians • Hospice Workers • First Responders • Others in caring professions

Building Your Toolbox: Skills and Resiliency Practices

Healing is not only about learning, but also about unlearning
It is never too late to heal oneself
A toolkit full of safe and healthy tools including:
• Nature-based, art-based, movement-based, and memory-based activities
• Gratitude and service as burnout antidotes
• Spiritual practices and rituals (tending to the soul)
• Leaning-in and reaching out
• Safely visiting your ACEs and nursing your invisible wounds
• Family and community healing activities

Making the Decision to Heal Yourself

The best thing you can do for you and those around you
Regaining the sense of serving clients with joy
Bringing safety to the household
Dismantling systems that hinder healing

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The Wounded Healer

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Treatment & Recovery from Vicarious Trauma, Moral Injury, and Burnout for Professionals

A must attend for mental health and healthcare professionals looking to reignite their sense of purpose and heal



Featuring Omar Reda, MD, Harvard-trained trauma expert, board-certified psychiatrist, and author of The Wounded Healer

- Assess for burnout using proven measurement tools
- Clear and practical guidance on avoiding and combating burnout
- Make space to heal yourself so you can more effectively heal others
- Nature and movement-based strategies to reduce stress levels
- Interventions to increase feelings of support, satisfaction, and well-being

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The Wounded Healer

WORKSHOP

As healing professionals, we spend so much time putting others first, we put ourselves last.

Stressed and burned out, we brush off our own trauma, ignore our own needs, confuse “self-care” with selfishness, and tell ourselves to “suck it up” for one more day.

But too many of us are leaving the fields we once loved, numbing our moral injuries through self-medication, or worse.

Whether you’re a **therapist, nurse, social worker, or any helping professional**, you can’t afford to continue to work wounded, trying to pour into others from your empty cup.

That’s why **Harvard-trained trauma expert, board-certified psychiatrist, and author of *The Wounded Healer*, Dr. Omar Reda** developed this training...

...to help you break the toxic cycle of caregiver trauma, toxic stress and silent suffering **so you can thrive and regain the joy of serving others** - while not leaving yourself behind in the process.

When you join Dr. Reda for this inspirational one-day workshop you’ll get:

- Clear and practical guidance on avoiding and combating burnout
- Exercises to reignite your sense of hope and purpose at work
- A guide to making space to heal so you can more effectively heal others
- Tools and activities that can be leveraged in day-to-day life
- And much more!

Now more than ever before we need to recognize that self-care is not a luxury; it’s a responsibility.

Register today and let the healing begin.



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Meet Your Speaker



Dr. Omar Reda, is a board-certified psychiatrist, Harvard-trained trauma expert, humanitarian and author who’s devoted much of his career to helping people recover from psychological trauma. Trained as a medical doctor in his home country of Libya, Dr. Reda found himself about to be jailed for engaging in humanitarian activities, fleeing the country in 1999. After settling in the US, he went on to train at Harvard and the University of Tennessee. Considered a “global trauma expert,” Dr. Reda has consulted for the UN and WHO and has extensive experience working with survivors of all kinds of trauma (with a soft spot in his heart for children and refugees). He works on breaking family cycles of trauma through the Untangled model of care used in communities across the USA and abroad. His latest book *The Wounder Healer* (W. W. Norton & Company, 2022) calls upon healers to break free from the cycles of secrecy, toxic stress, and silent suffering so they can continue to empower and inspire those in their care.

Speaker Disclosure:

Financial: Dr. Omar Reda has an employment relationship with UCHHealth and is a national speaker. He receives royalties as a published author. Dr. Reda receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Omar Reda has no relevant non-financial relationships.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

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

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/89175>.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

This program has been submitted (but not yet approved) for 6.25 continuing education clock hours and 6.25 participant hours from NAB/NCERS. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/89175.



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QUESTIONS

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Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

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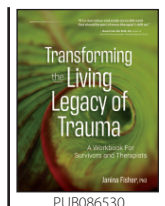
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