

Walking the Walk: Creative Tools for Transforming Compassion Fatigue and Secondary Trauma



WORKSHOP DESCRIPTION:

There is now over two decades of research proving that working in high stress, trauma-exposed professions such as behavioral health carries elements of risk to the staff.

Compassion fatigue has been called “a disorder that affects those who do their work well” (Figley, 1995). The level of compassion fatigue, secondary trauma and burnout can ebb and flow from one day to the next.

Using the most recent research in the field, this interactive, evidence-based and trauma-informed presentation will offer new creative approaches, resources and hands-on tools for maintaining health and resiliency as staff in the helping professions. This workshop is interactive with the use of small group discussions, videos, role play and self-reflection.

Attendees improve their understanding of:

- Compassion fatigue, secondary trauma, & burnout effects
- Symptom recognition
- Hands on tools for self-care and resources

ABOUT THE TRAINERS:

Kay Glidden and Beth Reynolds-Lewis are experienced trainers regarding behavioral health topics. They are certified Compassion Fatigue Specialist Trainers and are Green Cross Academy of Traumatology Certified Educators. They provide insight, sincerity and humor as they lead this interactive training. Attendees receive steps and tools to improve the care they provide others and themselves.

When:

April 30, 2020

1:00 p.m. – 4:00 p.m.

Where:

Central Nebraska Council on
Alcoholism & Addictions
219 W 2nd Street
Grand Island, NE 68801

No cost to attend but space is limited and registration is required by April 23, 2020.

To register, email Naomi at:

naomi@cncaa.info

Training sponsored by Behavioral Health Education Center of Nebraska (BHECN), Region 3 Behavioral Health Services, and the Central Nebraska Council on Alcoholism & Addictions