

The Edge of Compassion: Staying Well While Working in High Stress, Trauma-Exposed Environments



Date: April 27, 2020
2:00pm- 4:30pm

Location:

Region 3 Behavioral
Health Services
4009 6th Ave., Suite 65
Kearney, NE 68845

Registration:

Please register by April 17 by
emailing Tiffany Gressley at
tgressley@region3.net

This training is sponsored by
Region 3 Behavioral Health
Services and the Behavioral
Health Education Center of
Nebraska (BHECN).

**No cost to attend; Space is
limited; advanced
registration is required.**

WORKSHOP DESCRIPTION:

What is the sweet spot between caring too
much and not caring at all?

We now have over two decades of research
demonstrating that working in high stress,
trauma-exposed professions, such as
behavioral health, carries risk to the care
provider, individuals and as teams. What can
professionals do to protect themselves and
their teams from work, while still remaining
effective and compassionate? Using the most
recent research in the field, this **new** training
that builds upon the basic compassion fatigue
training will explore assumptions about
compassion fatigue and secondary trauma, the
organizational and personal barriers that
professionals face in their daily lives, and
offer new and creative approaches to
transforming these occupational hazards.

LEARNING OBJECTIVES:

- List key factors that increase risks of compassion
fatigue, burnout and secondary trauma.
- Understand how to develop exquisite empathy.
- Teach self-care skills such as mindfulness, grounding
and meditation to increase health and resiliency.

Organizational Health in Trauma Exposed Environments

ABOUT THE PRESENTERS:

Kay Glidden, M.S. holds a Bachelor of Arts Degree from Augustana College in Sioux Falls, SD and a Master of Science Degree in Education from Indiana University, Bloomington. Kay began her career in Higher Education, counseling and teaching college student for 13 years. For 19 years she worked in the Nebraska public behavioral health system. Kay is a Certified Compassion Fatigue Specialist and is certified by the Green Cross Academy of Traumatology. She served on a team for the National Council for Behavioral Health's first National Learning Community for Trauma Informed Care. Kay teaches mindfulness to youth in her local school district and is a trainer for Mental Health First Aid, Compassion Fatigue and trauma trainings with her company, Compassion Resiliency. Kay is on contract with Region 3 Behavioral Health Services to provide face-to-face trauma trainings across Nebraska.

Beth Reynolds Lewis holds a Bachelor of Science Degree from the University of Nebraska, Lincoln in secondary education. Beth was a Protection and Safety Worker for 12 years with the Nebraska Department of Health and Human Services and a Forensic Interviewer for the Family Advocacy Network in Kearney for 4 years. For the last 12 years Beth has worked in the public behavioral health system in Nebraska. Beth is a Certified Compassion Fatigue Specialist, Trauma Informed Care Educator, Mental Health First Aid Instructor and a Registered Yoga Teacher and a Mindfulness Educator for community schools.