



Department of Human Services
Human Services Institute
Professional Development Seminars

**“Self-Care is Not Enough: A Trauma-Informed Lens to Compassion Fatigue
and Burnout Prevention for Professionals”**

Date: September 28, 2023

Course times: 9:30AM – 12:30PM

Live Interactive Webinar

About the Course: Self-Care is Not Enough: A Trauma-Informed Lens to Compassion Fatigue and Burnout Prevention for Professionals: In this three-hour virtual workshop, we will analyze the nature and impact of compassion fatigue and related experiences, as well as recent research on their relevance to the field of social work. We will discuss the role of leadership and evidence-based individual, team, and organizational strategies in effectively preventing and responding to compassion fatigue and burnout. We will discuss how compassion fatigue (and other related concepts) are natural responses to intense and on-going stress without sufficient buffers and how understanding the internal states of ourselves and others can lead to responses that are more effective. Additionally, we will explore how trauma-informed and healing-centered leadership strategies that are rooted in compassion can help professionals prevent, notice, and heal from their impact.

About the Instructor: Amanda Rich is an associate professor of Human Services at York College of Pennsylvania where she teaches course work related to direct practice, administration and public policy affecting human service organizations. She is the director of the Institute for Social Healing at the Center for Community Engagement and owner of Open Roads Inclusive Community Consulting, LLC. Her work is rooted in the belief that human services have the potential to help make our communities more inclusive, diverse, fairer, and stronger. She has a master’s degree in applied Behavior Analysis and Special Education from the Teacher’s College at Columbia University and a doctoral degree in Human Development and Family Studies from the University of Delaware. Currently her professional work focuses on the health and well-being of the human service workforce, trauma-informed and healing centered leadership, community-engagement, and community-based support services for families with developmental disabilities.

Who Should Attend:

This intermediate level workshop is for social workers and mental health care professionals who want to learn about the impact of compassion fatigue and related experiences, as well as recent research on its relevance to the field of social work and mental health counseling.

Learning Objectives:

- Review and research compassion fatigue, burnout, and vicarious trauma.
- Discuss how compassion fatigue, burnout and vicarious trauma relate to the autonomic nervous system and how frameworks like polyvagal theory can deepen our understanding.
- Discuss the internal, interpersonal, organizational and system risk factors, signs and symptoms for compassion fatigue, burnout, and vicarious trauma for human service professionals.
- Define trauma-informed care and healing centered engagement strategies at the interpersonal, team, organizational and systems level.
- Discuss the role of leadership and management styles on compassion fatigue and burnout.
- Apply evidence-based trauma-informed, healing-centered, and compassionate strategies to prevent and heal from compassion fatigue, burnout, and vicarious trauma

Course Outline:

3-Hr Workshop 180 Minutes

Minutes:

9:30-10:00 Personal introductions, activity, an overview of the human stress/survival response system

10:00-10:30 Defining & differentiating between trauma, burnout, compassion fatigue, vicarious trauma, and secondary traumatic stress, signs & symptoms at the individual & organizational level.

10:30-11:00 Discussion & activity on current stressors, resources and coping tools and barriers to those tools at the individual and organizational level.

11:00-11:30 Assessment tools, introduction to poly-vagal theory, trauma-informed & healing-centered leadership frameworks.

11:30-12:00 Evidenced based strategies rooted in the trauma-informed/healing-centered framework & brief video on self-compassion.

12:00-12:30 Activity to practice strategy application & questions/discussion

Delivery Method: The course will be delivered Live Interactive via Zoom.

This system requires an internet connection and cameras will remain on during the duration of the workshop.

To receive a certificate (for CEs):

Evaluations will be emailed within 48 hours of completion of the workshop. A Certificate of Completion will be provided after the course to attendees that attend the entire course and return the evaluation.

The cost is \$45.00 per person. No fee for County employees. Refunds are not available.

You may pay online at:

https://main.govpilot.com/web/public/cbaaf544-281_Payments-Application-bergencounty?uid=7443&ust=NJ&pu=1&id=1

Follow drop down menu to:

Planning-Human Services Institute Registration Fee

Make check payable to:

County of Bergen

Mail to:

Department of Human Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

To register for the workshop

Call: 201 336-7425

Or email: tcannon@co.bergen.nj.us

Self-Care is Not Enough: A Trauma-Informed Lens to Compassion Fatigue and Burnout Prevention for Professionals, Course #4683, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Bergen County Department of Human Services, Human Services Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 06/20/2023 - 06/20/2025. Social workers completing this course receive 3 general continuing education credits.