

## 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 symptomatology

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 present

### 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 reduce anxieties

Effective and healthy ways to manage your emotions

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 techniques

Restore body & mind with awareness

Stop replaying your day – strategies to end rumination

How to rewire your brain towards happiness

Food as medicine -- nutrition tips for enhancing resiliency and wellbeing

### Retention and Resiliency Strategies:

#### How Organizations and Individuals Can Build Better Work Environments

How cleansing the toxic workplace combats compassion fatigue

Manage bullying and blaming

Communication strategies for collaborative relationships

Stair-steps towards building resilient practitioners

Empowering leadership for change

### Live Webinar Schedule

(Times listed in Pacific)

**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. 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 fatigue 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.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts



Get yours today at [pesi.com/ccatpworksheets](http://pesi.com/ccatpworksheets)

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE WI PERMIT NO. 32729

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

Online Certification Training

# COMPASSION FATIGUE

CERTIFICATION TRAINING

For Healthcare, Mental Health and Caring Professionals

**BECOME CERTIFIED IN COMPASSION FATIGUE!**

Earn your **CERTIFICATION** Today!

This seminar meets ALL requirements to become a Certified Compassion Fatigue Professional (CCFP) through Evergreen Certifications.

Professional standards apply. Visit [www.evergreencertifications.com/CCFP](http://www.evergreencertifications.com/CCFP) for details.

- Enhance your professional quality of life and patient care
- Easy-to-apply tools to handle the stressful situations you face in your work
- Regain purpose, fulfillment, and thrive in your profession
- Get certified, set yourself apart, and become a go-to resource

**Live Interactive Webinar**

**Wednesday, February 9, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.

# COMPASSION FATIGUE

CERTIFICATION TRAINING

For Healthcare, Mental Health and Caring Professionals

**LIVE Interactive Webinar**

**Wednesday, February 9, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
[pesi.com/webcast/86590](http://pesi.com/webcast/86590)



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:  
[pesi.com/webcast/86590](http://pesi.com/webcast/86590)

# 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.

**This program is exactly what you need to regain purpose, fulfillment, and thrive in your profession** -- whether you're already experiencing the emotional burnout of Compassion Fatigue, or want to make sure you avoid it.

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Compassion Fatigue Professional (CCFP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of compassion fatigue. Professional standards apply. Visit [www.evergreencertifications.com/CCFP](http://www.evergreencertifications.com/CCFP) for details.

**If you work in healthcare, mental health, veterinary medicine, rehab or any helping profession this is one training you can't afford to miss.**

**Sign up today!**

#### Target Audience:

Nurses • Nurse Educators • Nurse Practitioners • Clinical Nurse Specialists  
Floor Directors and Managers • Nursing Home Administrators • CNAs • Physicians  
Physician Assistants • Physical Therapists • Occupational Therapists • Veterinarians  
Veterinary Technicians • Veterinary Practice Managers • Social Workers • Counselors  
Marriage and Family Therapists • Clinical Supervisors • Educators • Addiction Counselors  
Psychologists • Case Managers • Others in Caring Professions



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

#### PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call 715-855-8225.

## CERTIFICATION MADE SIMPLE!

EVERGREEN  
CERTIFICATIONS

- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a **Certified Compassion Fatigue Professional** through Evergreen Certifications is complete.\*

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

\*Professional standards apply. Visit [www.evergreencertifications.com/CCFP](http://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 disciplines.

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.

#### Speaker Disclosure:

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](http://www.pesi.com/webcast/86590)

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/86590](http://pesi.com/webcast/86590)

#### National CE Credit Approvals For Live Webinar

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



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



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



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This program is Approved by the National Association of Social Workers (Approval # 886759332-7395) for 6.0 Social Work continuing education contact hours.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to  
**6.25 CE**  
Hours for one  
low price!

For all credit approvals and details, visit: [www.pesi.com/webcast/86590](http://www.pesi.com/webcast/86590)

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesi.com/webcast/86590](http://pesi.com/webcast/86590)

### Live Interactive Webinar (Option 1)

February 9, 2022 [PWZ86589]

**\$219.99** tuition

8am Pacific time

#### Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

\*Live CE is only available when viewed live

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$219.99** [POS055855]

#### Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
  - Access to the program materials
  - Enjoy lifetime on-demand access
  - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

### DVD (Option 3)

**\$219.99** [RNV055855]

#### DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

## 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\***



PUB085450

#### Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

Manuela Mischke-Reeds, MA, MFT

~~\$34.99~~ **\$24.99\***

\*Discount Included with purchase of the Webinar

#### OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

#### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

#### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021