

## 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.

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# COMPASSION FATIGUE

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**Live Interactive Webinar**

**Wednesday, February 9, 2022**

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## 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)

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## Recommended Reading:



#### 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.

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