About the Course

This highly interactive training is designed to address the self-care needs of those working with children, youth and adults impacted by traumatic life events. Participants are encouraged to verbalize their understanding and connectedness to the multiple aspects of compassion fatigue. By taking a self-inventory, participants will see first-hand the levels of stress they experience. The group will look at several tools and techniques to circumvent the most challenging aspects of their compassion fatigue and to be able to regain a state of neuro-physiological (mind-body) regulation, recovery and resilience. Addressing stress in the workplace has traditionally been avoided or seen as a distraction to the delivery of service. This training integrates stress management techniques and strategies off and on the work site without interrupting productivity. Direct care staff and management are encouraged/prompted to understand their vulnerabilities, recognize early their own and their colleagues' warning signs of secondary and vicarious stress. Management is also provided with strategies to promote a more secondary trauma-informed work environment and support the maintenance of professional and personal well-being in valued staff. These approaches can be applied to unique work settings to strategize appropriate opportunities to incorporate self-care concurrent with work performance.

About the Presenter

Beverly Kyer, MSW, ACSW, has been a Speaker and Educator with specialties in Post Traumatic Stress Disorder; Grief and Loss and the Trauma Impact on Brain Development, Behavior and Learning in Children and Youth. She is a Certified Compassion Fatigue Specialist AKA Secondary Stress Disorders, with a mission to help those who help others. Currently a business owner providing training and consultancy, roles in her career include: Child Welfare; Seneca Center and Family Finding Trainer; Readjustment Counseling Therapist; Psychiatric Social Worker; EAP Coordinator/Field Placement Supervisor/ Program Coordinator/ Supervisor/ Assistant Chief of Social Worker Service for the Bronx N.Y. Veteran’s Administration Medical Center. Beverly’s training style creates an interactive and collaborative learning environment focused on seeking answers.

ZOOM INSTRUCTIONS:

**Registrants are responsible for reading the following information**

Register in advance for this meeting: https://zoom.us/meeting/register/tjcld-qtrjluEtan6ldXqdkV-Bp0fVe8zhP

After registering, you will receive a confirmation email containing information about joining the meeting.

CLICK HERE TO REGISTER

REGISTRATION ASSISTANCE: corri_frohlich@senecacenter.org

If you must cancel enrollment, please do so at least 72 hours in advance of the training.

To request accommodation or to file a grievance about an ACBH sponsored training, go to: http://www.acbhcs.org/training-calendar