

COMPASSION FATIGUE AND RESILIENCE: A SYSTEMIC, CULTURALLY EMPATHIC APPROACH TO MINDFULNESS IN PRACTICE & LEADERSHIP

DATE & TIME: March 19 & 21, 2024

9:00AM - 12:00PM

All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted.

PLACE: **Web Broadcast – MS TEAMS:** A link will be e-mailed to training participants upon confirmation.

REGISTRATION:

In this training, participants will achieve an understanding of the subconscious mechanisms that impact mental health professional's relationships that is critical for efficacy and leadership capacity. The complexities imbued in the relationship between mental health providers and client/consumer can be wrought with damaging, co-created factors that minimize outcomes. This training will support the development of resiliency tools and adjunctive skills, increase efficacy, and mitigate opportunities for burnout. Through the exploration of mindfulness practices, leadership schemas, clinical awareness and culturally empathic paradigms, mental health professionals will gain tools and skills to increase mindful awareness, avoid burnout and foster resilience. This training will assist to improve outcomes for direct service staff, organizations and ultimately, clients/consumers.

TARGET AUDIENCE: DMH DIRECTLY OPERATED/LEGAL ENTITY STAFF

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Explain mindfulness of science and brain and sympathetic and parasympathetic nervous systems.
2. Identify possible triggers for transference of countertransference associated with trauma from the research, as well as ways to manage them.
3. Describe how leadership strengths can be identified and cultivated with mindfulness practices.
4. Demonstrate practices to identify and release negative thoughts that can create empathy fatigue and burnout.
5. Demonstrate a compassion practice which invigorates and brings hope.
6. Design obtainable action plans to address individual and organizational wellness using mindfulness practices.

CONDUCTED BY: Ann Friedman, Ph.D.

COORDINATED BY: Erica Melbourne, Psy.D., Training Coordinator
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DEADLINE: March 15, 2024

CONTINUING EDUCATION: 6.0 Hours (BBS, BRN, CCAPP and Psychology)

COST NONE

DMH/Contracted Employees Register at: <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/12385>