

**CREATING OCCUPATIONAL RESILIENCY: IMPLEMENTING SELF-CARE STRATEGIES TO PREVENT SECONDARY TRAUMATIZATION WHILE WORKING IN THE BEHAVIORAL HEALTH FIELD
(Supervisors/Managers)**

DATE & TIME: April 9 & 11, 2024 1:00PM - 4:00PM

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 - Zoom: A link will be e-mailed to training participants upon confirmation.

REGISTRATION:

The psychological hazards associated with conducting therapy and supporting clinicians who do the work of therapy are increasingly evident given the impact of the past few years. As therapists continue to assist those with personal trauma histories, they are also supporting more persons who have experienced traumatic losses. We are aware of the toll that trauma work can take on therapists, their supervisors, and even on the agencies for which they work. Secondary stress, compassion fatigue and other manifestations of indirect trauma may be more salient in the months ahead. This training posits that these negative impacts are not due to therapists' mere exposure to narratives of trauma and loss, but impact occurs when therapists are overwhelmed and stressed. This training addresses self-care for supervisors as well as highlights their roles in mitigating the impact of indirect trauma on their supervisees. This training will specifically draw upon the Components for Enhancing Clinicians Experience and Reducing Trauma (CE-CERT) approach that was developed by Dr. Brian Miller. The role of supervision will be emphasized as a primary protective factor for clinicians in this approach and as a facilitative factor for treatment efficacy for clients. It will provide supervising therapists information on how this type of approach can be applied to clinicians involved in trauma-informed care.

TARGET AUDIENCE: DMH DIRECTLY OPERATED/LEGAL ENTITY **SUPERVISORS/MANAGERS ONLY**

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

1. Describe the potential impact of trauma dynamics on therapists and the supervisory context.
2. Identify the two dimensions of therapist self-care and discuss how they interact to protect therapists.
3. List the 5 skills domains of the Components for Enhancing Clinician Engagement and Reducing Trauma approach.
4. Identify some of the ways that CE-CERT skills can be applied in various practice settings.
5. Describe how supervision facilitates protective practices within the therapy encounter for trainees and supervisors.
6. Discuss the important role of respect for diversity and inclusion in the development of a health supervisory alliance, and its impact on mitigating factors secondary stress effects on clinicians.

CONDUCTED BY: Rick Williamson, Ph.D.

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DEADLINE: April 8, 2024

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

COST NONE

DMH Employees Register at: