

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

DATE & TIME: May 6 & 8, 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:

Behavioral health professionals aim to provide treatment and relieve to persons impacted psychologically by various stressors and challenges. Yet, they themselves must navigate a number of stressors associated with their work contexts. Relatively little attention has been historically given to helping clinicians to address the psychological hazards associated with their work roles. This training will provide a basic understanding of the secondary traumatization risk factors associated with working in large behavioral health delivery systems. The training content will provide a review of recent literature and research on the field of burnout, vicarious trauma, secondary trauma, compassion fatigue and resiliency on all levels including individuals, systems, and cultures. Participants will be offered basic skills to utilize in evaluating the presence of these risk factors in jobs, colleagues, and themselves. The topics covered in this training will be framed through the lens of compassion fatigue relative with the goal of helping clinicians to thrive psychologically over the entire tenure of their work roles.

TARGET AUDIENCE: DMH DIRECTLY OPERATED/LEGAL ENTITY **LINE STAFF**

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

1. Define burnout, vicarious trauma, compassion fatigue and self-care.
2. Describe how race and ethnicity factors can influence stress load on clients and clinicians.
3. Describe how stress and trauma affect key brain structures and the body.
4. List three of the key factors that promote psychological resilience.
5. Describe three of the ways that stress, trauma, and resilience factor into substance abuse potential for clinicians.
6. Identify 5 domains associates with protective clinical practice for against secondary traumatization and burnout in therapists.

CONDUCTED BY: Rick Williamson, Ph.D.

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DEADLINE: May 3, 2024

CONTINUING EDUCATION: 6 Hours (BBS, BRN, CCAPP and Psychology)

COST NONE