***Compassion Fatigue 2.0: Staying Well While Working in High Stress, Trauma-Exposed Environments***

***Description***

What is the sweet spot between caring too much and not caring at all?

We now have over two decades of research demonstrating that working in high stress, trauma-exposed professions such as child advocacy, community mental health and law enforcement carries risk to the care provider, individuals and as teams. What can professionals do to protect themselves and their teams from work, while still remaining effective and compassionate? Using the most recent research in the field, this training goes beyond the basics of compassion fatigue and self-care. We will explore assumptions about compassion fatigue and secondary trauma, the organizational and personal barriers that professionals face in their daily lives and offer new and creative approaches to transforming these occupational hazards.

**Learning Objectives**

1. List key factors that increase risks of compassion fatigue, burnout and secondary trauma.

2. Understand how to develop exquisite empathy.

3. Teach self-care skills such as mindfulness, grounding and meditation to increase health and resiliency.

**Agenda**

1. Definition of Compassion Fatigue, Secondary Trauma, Burnout and Moral Distress

2. Self- Assessment

3. Signs and Symptom Identification

4. What the Research Says Works for Compassion Fatigue and Secondary Trauma

5. Tools and Resources for Building Resiliency