

Registration

Early Bird Rate \$109

(payments postmarked by March 5th)

Regular Rate \$129

(payments postmarked after March 5th)

Please complete the form below, or register online at: www.childfamilycenter.org

Name _____

Degree _____ License # _____

Address _____

Pref. Phone _____

E-Mail _____

**Continental breakfast will be provided.
Lunch will be on your own**

Enclosed is payment for \$_____

Make check payable to Child & Family Center.
Credit card payments also accepted.

VISA / Mastercard / Am. Express / Discover

Card # _____ Exp. _____

Name on card _____

Signature _____

There is a \$25.00 processing fee for refunds requested before March 31. After that date, only credit toward future seminars will be offered. If Child & Family Center cancels the workshop, tuition will be refunded in full. Child & Family Center reserves the right to substitute a qualified instructor in the event of unforeseen circumstances.

Mail to:

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Compassion Fatigue Prevention and Resiliency

Presented by:

J. Eric Gentry,
Ph.D., LMHC, CAC, CTS

April 5th, 2012



9:00am-4:00pm

Course Description:

This course draws from the Accelerated Recovery Program and the Certified Compassion Fatigue Specialist Training to provide an intensive one-day experiential training for professional helpers to prevent compassion fatigue and other work-related stress disorders. This course is an inoculation or vaccination against the potentially painful effects of working with troubled and traumatized populations. This training is also intended to produce an ameliorative effect upon the current compassion fatigue symptoms that participants may be experiencing. The *training-as-treatment* effect for the two-day version of this training was detailed in an article recently published in the *Journal of Emergency Mental Health*.

Course Objectives:

Attendees will be able to:

- Understand the history, causes, treatment and prevention of compassion fatigue.
- Identify the true causes of stress in personal and professional life.
- Learn skills for successful self-regulation of anxiety—ability to maintain parasympathetic dominance regardless of personal or professional context.
- Develop knowledge and skills necessary to prevent the symptoms of compassion fatigue through enhanced resiliency.
- Understand the importance of maturation as integral component of professional resiliency.

Special Offer!

Introducing the C&FC CE Club!

All attendees will receive a coupon for a 10% discount off of the next CE Workshop!

Agenda:

- 8:30-9:00 Registration
- 9:00-9:45 Opening & Introductory Exercises
- 9:45-10:00 Small Groups
- 10:00-10:10 Break
- 10:10-11:00 Tools for Hope: Perceived Threat and the Autonomous Nervous System
- 11:00-12:00 Compassion Fatigue Didactic: Secondary Traumatic Stress + Burnout
- 12:00-1:00 Lunch
- 1:00-1:15 Compassion Fatigue Resiliency - Professional Maturation
- 1:15-2:00 The “Antibodies” Intentionality vs. Reactivity
- 2:00-2:10 Break
- 2:10-3:00 Self-regulation
- 3:00-4:00 Perceptual Maturation Connection Self-Care Closing ritual
- 4:00 Adjourn

Location

Child & Family Center
21545 Centre Pointe Pkwy
Santa Clarita, CA 91350

J. Eric Gentry, Ph.D., LMHC is an internationally-recognized leader in the study and treatment of compassion fatigue. His Ph.D. is from Florida State University where he studied with Professor Charles Figley, who wrote *Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized* in 1995. In 1997, under Dr. Figley's direction, Gentry developed the Accelerated Recovery Program for Compassion Fatigue with Anna Baranowsky, Ph.D., and Kathleen Dunning. The ARP has demonstrated powerful effectiveness for treating the symptoms of compassion fatigue. In 1998, Gentry and Baranowsky introduced the Certified Compassion Fatigue Specialist Training and have trained thousands of professional caregivers from Oklahoma City, New York City, and the state of Florida following their work with disaster survivors. He has published many research articles, book chapters, and periodicals on the topic of compassion fatigue treatment and resiliency. Dr. Gentry draws equally from his scientific study and from his rich history of 24 years as a professional therapist to provide this training. His commitment to his mission to serve caregivers helping them to become evermore effective with minimal symptoms is evident throughout this training. You will be challenged, inspired and uplifted by this unique training experience.

Continuing Education Credit

Psychologists: Child & Family Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Child & Family Center maintains responsibility for this program and its content. This course offers 6 CE credits for psychologists.

LCSWs and MFTs: Child & Family Center is an approved provider of continuing education by the California Board of Behavioral Sciences, provider number PCE 3032. This course meets the qualifications for 6 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences.

Participants must attend the entire seminar to receive the 6 CE credits.

Disclaimer

Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of the management or staff of Child & Family Center. Should a conflict of interest arise, you are free to leave the workshop at any time, as well as inform the CE Administrator if necessary.