

## Compassion Fatigue Free Training Event

Compassion Fatigue is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it is traumatizing for the helper. The helper is traumatized or suffers through the helpers own efforts to empathize and be compassionate. Come learn the potential effects of Compassion Fatigue on the systems we encounter: our workplace, our families, our clients, our world. Explore how to better handle the demands of emotionally draining work or experiences and how to help those around us handle theirs.

Compassion Fatigue Therapist (CFT) Certification is earned by those who complete the Compassion Fatigue Educator (CFE) Certification and this program covering the assessment and treatment of secondary traumatic stress reactions (PTSD), the MASTERS transformative process, and the competencies for designing a compassion fatigue prevention program.

**Daniel Casey, Ed.D**



### Calendar of Events

September 25-26, 2017

Day 1: Compassion Fatigue Educator

9:00 AM – 5:00 PM

Day 2: Compassion Fatigue Therapist

9:00 AM - 5:00 PM

### Training Location

Idaho Correctional Industries

1301 N Orchard St # 110,

Boise, ID 83706

### Directions

<https://www.idaho.gov/agencies/>

**Dr. Casey** is owner of JEC Counseling & website <https://www.jec-counseling.com>.

Dr. Dan Casey is a Green Cross Certified Traumatologist. He's certified by the American Academy of Experts on Traumatic Stress as an expert in Trauma response and in school crisis response. He is also a Site Director, Board Member, and past Executive Director of the Green Cross Academy of Traumatology.

Dan has been involved in the ICISF since being trained in the Basic CISD (later CISM) program by Jeffrey Mitchell in 1987. He has been a member of ICISF since its inception, and was invited to and accepted a seat on the International Advisory Committee to the ACISF, and later the ICISF, which he still holds. He has been a Certified member of Green Cross since 1999, and has deployed many times for them as Incident Commander.

Dan serves as Coordinator for three crisis response teams:

Consortium of MN Crisis Response Teams [CMCRT]

Minnesota Intra-College Crisis Network [MICCN]

Wildland Fire Crisis Network [WFCN]

Dr. Casey is also co-author with Dr. Russ Lee of Crisis and Trauma in Colleges and Universities, (2004) published by Chevron Publishing; co-author with Ellen Leger, Ph.D. of Rural Emergency Response: A Guide to Coping with Stressors in Rural Emergency Services Delivery (2000 2nd Edition) published by North Star Press and co-author of School Crisis Response; a CISM Perspective, (1999) published by Chevron Publishing.

## Training Agenda

### Day 1: Compassion Fatigue Educator

Compassion Fatigue is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it is traumatizing for the helper. The helper is traumatized or suffers through the helpers own efforts to empathize and be compassionate. Come learn the potential effects of Compassion Fatigue on the systems we encounter: our workplace, our families, our clients, our world. Explore how to better handle the demands of emotionally draining work or experiences and how to help those around us handle theirs. **This 7 hour workshop introduces attendees to the field of Compassion Fatigue. Attendees will:**

- Be able to articulate, assess, and identify the symptoms of Compassion Fatigue in self and others;
- Recognize CF triggers and early warning signs;
- Be able to test themselves and others whenever necessary to ascertain their own Compassion fatigue levels
- Know and practice what is required to create, maintain, and facilitate a self care plan for self and others;
- Be familiar with the Green Cross Academy's Standards of Self care, and Standards of practice

### Day 2: Compassion Fatigue Therapist

Compassion Fatigue Therapist (CFT) Certification is earned by those who complete the Compassion Fatigue Educator (CFE) Certification and this program covering the assessment and treatment of secondary traumatic stress reactions (PTSD), the MASTERS transformative process, and the competencies for designing a compassion fatigue prevention program. **This 7 hour training and certification verifies that this person can:**

- Initiate and manage treatment of persons with CF symptoms.
- They can competently teach and use CF management skills, and recognize CF symptoms in others.
- They can create, maintain and facilitate self care plans for themselves and others.
- They have knowledge of Eye Movement Desensitization and Reprocessing (EMDR); Emotional Freedom Technique (EFT), Hypnosis, and/or other treatments for PTSD,
- Are competent in designing a CF Prevention program in their work context. They know and can share the effective strategies for incorporating and practicing the GCAT standards of practice, ethics, and standards of self care into every day life.

**To register for the trainings please go to the link below:**

**Survey Monkey Registration Link: <https://www.surveymonkey.com/r/2XRS3FF>**

**If you are able to register you are confirmed for the training.**

**If you have questions about the registration or training please contact:**

**Jennifer Yturriondobeitia**

**Cell: 208-899-9012 or Email: [yturrioj@slhs.org](mailto:yturrioj@slhs.org)**