



Continuing Education

Compassion Fatigue: Transforming Burnout into Balance

Friday, December 8, 2017

8:30 -11:45 am (8:00 am Check-in & Continental Breakfast)



The manifestation of compassion fatigue, emotional exhaustion, work-related stress and burnout are an unfortunate consequence for many who work with individuals who suffer from trauma, depression, anxiety and other mental health disorders. The cumulative negative effects can be profound and in some cases devastating if interventions are not employed to manage the stress of this type of work.

This workshop will help clinicians understand, recognize and evaluate compassion fatigue both in themselves and their clients. Specific intervention strategies and activities will be included in order to help practice self-regulation, intentionality, connection, and self-care.

At the conclusion of the seminar, attendees should be able to:

- Define compassion fatigue, secondary trauma, vicarious trauma and burnout;
- Evaluate factors that may increase one's risk of experiencing compassion fatigue;
- Describe warning signs, risk factors, symptoms, and effects of compassion fatigue;
- Employ and teach self-regulation techniques to help combat compassion fatigue during clinical interventions;
- Discuss the concept of intentionality in clinical work;
- Build connect-strategies to increase support systems;
- Develop a proactive approach to preventing and combating compassion fatigue;
- Implement self-care plans for greater physical, psychological, spiritual and relational satisfaction.

Presenter Nichole N. May, MS, NCC, LCPC is an inpatient therapist with Brook Lane. She has worked in a variety of settings to include crisis intervention, inpatient and outpatient treatment facilities. Nichole has a special interest in holistic approaches to patient care by integrating the fields of psychology and spirituality, particularly as it relates to compassion fatigue, vicarious trauma, and burnout. Nichole earned a Master's Degree in Pastoral Counseling from Loyola University.

Beaver Creek Country Club
9535 Mapleville Rd, Hagerstown, MD 21740

Continuing Education Credits

Maryland Social Workers: Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane is solely responsible for all aspects of the program. This program will provide 3.0 credit hours of Category I continuing education; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologist will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners; partial credit will not be awarded.

Counselors/Therapists: Brook Lane Health Services is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. Brook Lane is solely responsible for all aspects of the program. This program will provide 3 clock hours; partial credit will not be awarded.

Other Healthcare Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

*This program is funded in part by the
William B. and Sylvia A. Hunsberger Fund*

Registration Information

Seminar Fee:	\$ 69.00 <i>includes breakfast & CEUs</i>
To Register:	See registration form
Brook Lane Staff:	Follow Training Request procedures
Questions:	301-733-0331 x 1189

Three Ways to Register



Fax

Complete the form with credit card information and fax to Attn: Seminar Cashier
301-733-4038



Online

www.brooklane.org

click on:
Continuing Education
Events



Mail

Complete the form and mail with payment to
Attn: SEMINAR Cashier
Brook Lane, PO Box 1945, Hagerstown, MD 21742

Brook Lane Seminar Registration Form

13121 Brook Lane, Hagerstown, MD 21742
301-733-0331 x 1189 www.brooklane.org



Please **PRINT** Clearly

Last Name: _____ First Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

*Email address (required for registration & confirmation): _____

Contact Phone #: _____ Discipline: _____

Seminar: **Compassion Fatigue** Date: **Friday, December 8, 2017**

Location: * **Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD 21742**

Seminar Fee: **\$ 69.00 per person** **BL Staff:** (Payment will be handled by Brook Lane only with submission of an approved **Request for Training Form and all required documentation**)

Payment Method: Check #: _____ (Payable to Brook Lane) MasterCard Visa Discover

Cardholder Name: _____

Cardholder Address (if different than above): _____

Account No. _____ Expiration Date: _____

Cardholder Signature: _____ CV Code (3 digit # back of card): _____

Please register early, space is limited!

Cancellation Policy: A \$ 10.00 processing fee will apply. To receive a refund, cancellations must be made in writing and received no later than Friday, **Dec 1, 2017**. No refunds will be made after that date or for no-shows.

Questions: **Debbie Staley, Manager of Continuing Education @ 301-733-0331 ext. 1189**



Continuing Education

Seminar Directions:

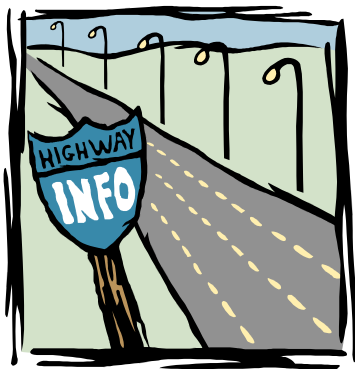
Beaver Creek Country Club

9535 Mapleville Road

Hagerstown, MD 21742

301-733-5138

www.BeaverCreekCC.com



From Interstate 70

- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left

From Interstate 81

- Take Interstate 70 East
- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left