

WAKE AHEC SPRING 2022

Provider Wellness Series

LIVE VIRTUAL PROGRAMS



Target Audience

This workshop will benefit healthcare professions, mental health practitioners, educators, human service professionals, and others interested in the topic.

Speaker

Amy Levine, MSW, LCSW, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services and mental health and has worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW- A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services. Amy enjoys providing training on a variety of practice topics and appreciates learning from and further supporting the important work carried out by human service professionals.

Registration Fee

These programs are offered at no cost. Funding provided by NC AHEC.

ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

Questions? Contact Kristen Murphy at krmurphy@wakeahec.org.

PROVIDER WELLNESS SERIES

Provider Resilience: Assessing Compassion Fatigue and Cultivating Well-Being



In this interactive workshop, we will explore the concept of burnout within human service careers and the ethical implications for our professional and personal lives. We will examine recent research on the topic of resilience for human service professionals, including new strategies and tools for improving our capacity to monitor and address our own symptoms of compassion fatigue.

We will “get real” about self-care and wellness by exploring individual and systemic successes and setbacks in balancing demanding professional roles with the stress of life outside of work. To make the session beneficial to participants, we will complete an evidence-based comprehensive assessment to identify indicators of compassion fatigue and burnout, with each participant creating a concrete, personalized plan for incorporating self-care strategies both within and outside of the workday. We will also examine how elements of identity may impact our experience of burnout, and we will discuss the value of community and social networks in supporting those facing daily marginalization and oppression. Through small and large group discussion, video clips, and mindfulness activities, participants will engage in an interactive dialogue about prioritizing self-care in the real world.

Dates

- Thursday, February 3, 2022; 9 am to 12 pm

Click [HERE](#) to register

- Tuesday, March 8, 2022; 1 to 4 pm

Click [HERE](#) to register

Objectives

Upon completion of this program, participants should be able to:

- Describe indicators of compassion satisfaction and fatigue while identifying the ethical and practice issues that result from compassion fatigue in the workplace.
- Discuss the common barriers to wellness, both on individual and systemic levels, that contribute to compassion fatigue for human service professionals.
- Outline strategies and tools that can be used in individual, group, and organizational levels to reduce burnout and increase provider resilience.
- Define how indicators of compassion fatigue are present in their professional and

personal lives after completing an in-depth analysis of their own compassion satisfaction and fatigue.

- Create a personalized self-care plan that identifies strategies to improve physical, psychological, emotional, spiritual, and professional well-being.

Registration Fee

These programs are offered at no cost. Funding provided by NC AHEC.

Credit

Wake AHEC CEU: Wake Area Health Education Center will provide 0.3 Continuing Education Units to participants upon completion of this activity. Partial credit will not be awarded. Participant must attend 100% of program to receive credits.

Contact Hours: Wake Area Health Education Center will provide up to 3.0 contact hours to participants upon completion of this activity.

Wake AHEC is part of the North Carolina AHEC Program.





PROVIDER WELLNESS SERIES

Provider Wellness Listening Circles

These 60-minute listening circles are designed to bring together healthcare and human service professionals to explore the ways in which compassion fatigue, secondary traumatic stress, and burnout are showing up in everyday life. Through large and small group guided discussion, participants will be invited to process their own experiences and also share applicable strategies aimed at supporting personal and professional resiliency in the current environment.

Dates

- Thursday, February 24, 2022; 12:30 to 1:30 pm
Click [HERE](#) to register
- Friday, March 25, 2022; 9 to 10 am
Click [HERE](#) to register
- Monday, April 4, 2022; 12 to 1 pm
Click [HERE](#) to register
- Tuesday, April 26, 2022; 4 to 5 pm
Click [HERE](#) to register
- Thursday, May 5, 2022; 9 to 10 am
Click [HERE](#) to register
- Monday, May 23, 2022; 12 to 1 pm
Click [HERE](#) to register

Objectives

- Upon completion of this program, participants should be able to:
- Identify the presence of indicators of compassion fatigue, secondary traumatic stress, and burnout in their lives.
 - Examine strategies to promote personal and professional resilience, including self-care approaches, effective communication strategies, and personal wellness planning to improve physical, psychological, emotional, social, spiritual, and professional well-being.

Registration Fee

These programs are offered at no cost. Funding provided by NC AHEC.

Credit

Credit will not be awarded for the listening circles sessions.