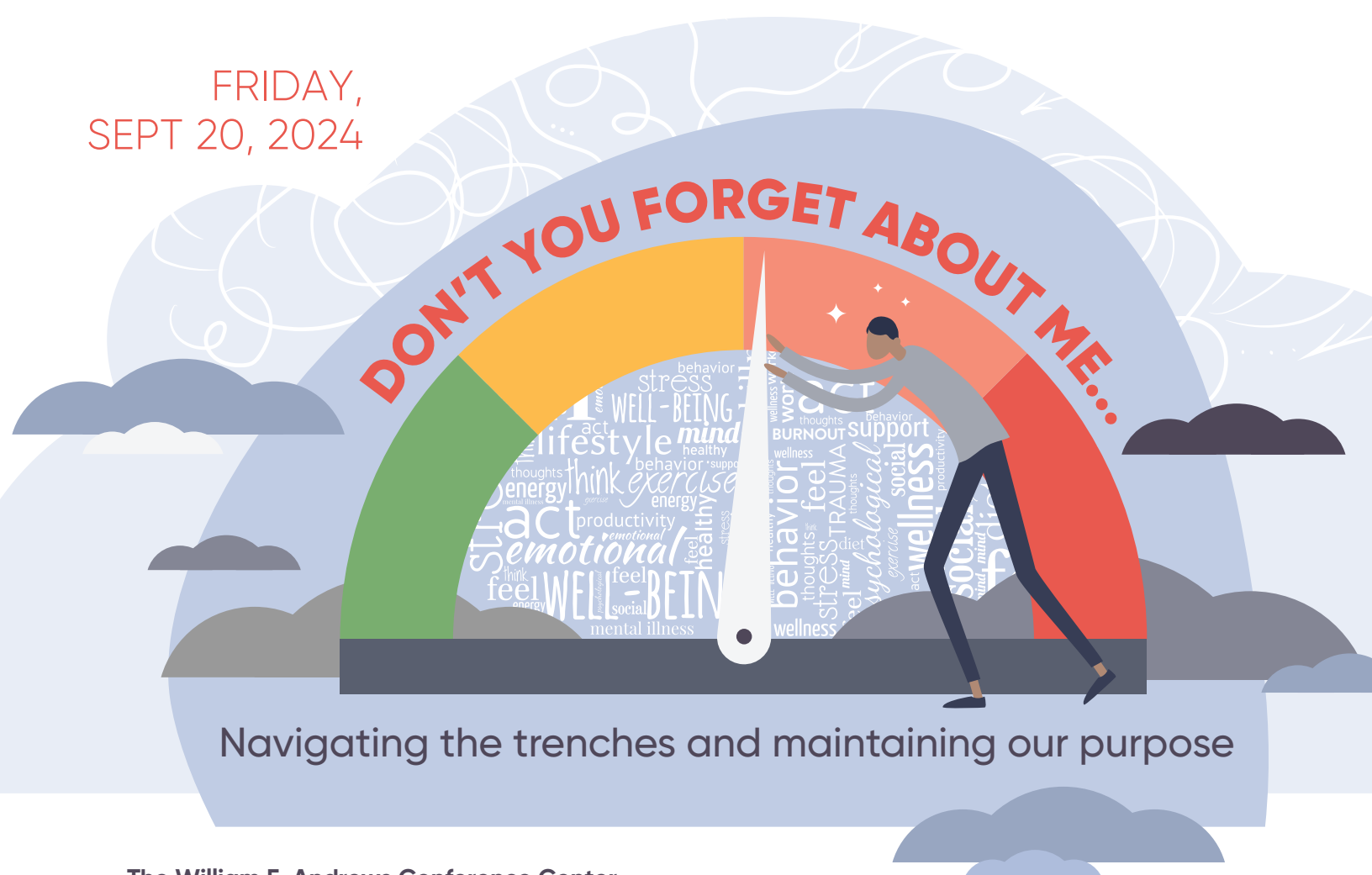


FRIDAY,
SEPT 20, 2024



Navigating the trenches and maintaining our purpose

The William F. Andrews Conference Center

3024 New Bern Avenue, Raleigh NC 27610

Registration: 9:00 am **Program:** 9:00 am – 4:30 pm

This program focuses on identifying the effects of vicarious trauma and how this impacts one's work. Participants will identify how their behaviors and communication methods contribute to or hinder the work environment. Presenters will review strategies to improve resiliency, stress management and teach ways to cope with traumatic experiences in the workplace setting. In learning how one's own traumatic experiences impact their work, healthcare providers can be more trauma-informed and be better able to respond to workplace stress and patient care. Additionally, providers will learn various resiliency skills to reduce burnout.

Target Audience

This program is designed for healthcare professionals across all disciplines.

Learning Objectives

At the conclusion of these educational activities, the participant should be able to:

- Assess personal values and create concrete action steps towards congruent living.
- Develop an action plan to reduce current experience(s) of vicarious traumatization, moral distress, compassion fatigue, secondary traumatic stress, and/or burnout.
- Discuss skills and strategies to improve resiliency.
- Differentiate symptoms of toxicity from a healthy work culture and develop ways to intentionally contribute to a positive work environment.
- Assess one's current method of communication and develop ways to improve congruent interactions to enhance job and life satisfaction.
- Construct a personal definition of trauma-informed care, as it applies to oneself, recognizing that everyone is just as deserving of the same wonderful care we give our patients and residents.



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WAKE AHEC
PART OF NC AHEC

**RECRUIT
TRAIN
RETAIN**

agenda



9:00 am – 10:30 am	What is Going on With Us: The Post-Pandemic Experience
10:30 am – 10:45 am	Break
10:45 am – 12:15 pm	Sustainability & The Continuum Model of Compassion Satisfaction
12:15 pm – 1:15 pm	Lunch
1:15 pm – 2:45 pm	Coping Stances & The Voice of Congruence
2:45 pm – 3:00 pm	Break
3:00 pm – 4:30 pm	Exploring Individual and Organizational Values to Create Change
4:30 pm	Adjourn

Speakers

Ashley Swinson, MSW, LCSW

Owner of TIDE Associates PLLC
Professional Speaker & Business Consultant
EMDR Certified Therapist & EMDR Consultant

Lisa Brooks, MSW, LCSW

Lecturer, UNC Wilmington
Owner/ Speaker/Life Coach/Therapist-
Wilmington Thrive Tribes

Credit

Contact Hours

Wake AHEC will provide up to 6.0 Contact Hours to participants.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Registration Fee

- \$0- Registration is at no cost due to support from NC DHHS Division of Health Benefits
- Please inform us if you need to cancel your registration at any point so that we can open that spot for another participant.
- Online handouts and certificate of completion will be provided.
- Lunch will be provided.
- *Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.*
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Call 919-350-8547 for our Inclement Weather Updates.

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



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