

FRIDAY,
SEPT 20, 2024

Illustration of a person balancing a large white needle on a rainbow. The rainbow is divided into four colored sections (green, yellow, orange, red) and has the text "DON'T YOU FORGET ABOUT ME..." written across it. The needle is positioned over a word cloud containing terms like "WELL-BEING", "MIND", "EMOTIONAL", "WELL-BEING", "MIND", "EMOTIONAL". The background features stylized clouds and a blue sky.

Navigating the trenches and maintaining our purpose

The William E. Andrews Conference Center

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

Target Audience

Learning Objectives

- 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.



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



NBCC: Wake AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6477. Programs that do not qualify for NBCC credit are clearly identified. Wake AHEC is solely responsible for all aspects of the programs.

Category A NC Psychology Credit: This program will provide 6.0 contact hours (Category A) of continuing education for North Carolina Psychologists. Partial credit will not be awarded.

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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