

Shining Your Light Again: Resiliency Training/Compassion Fatigue



Course Description

In this one day program, participants will explore a wide variety of information and skills to help combat chronic stress that leads to compassion fatigue. Participants will learn to develop professional resiliency skills to maximally function under the increasingly difficult and stressful demands of their work environments. There will be time-out sessions for practices in mindfulness, meditation, gentle movement and self-assessments. Each participant will develop an individualized self-care program to integrate into his or her practice immediately.

Key Learning Outcome

- After completing the program, 80% of participants will report an increase in knowledge that will positively impact their practice.

Program Objectives

This program prepares the learner to:

- Explore the causes, symptoms, effects of compassion fatigue, along with the treatments and resiliency strategies for potentially debilitating life-changing conditions.
- Explain the effects of the autonomic nervous system in magnifying our stress response.
- Implement skills to self-regulate the autonomic nervous system, going from sympathetic to parasympathetic response.
- Create a self-care resiliency individualized plan to implement immediately.

Agenda

Sign-in begins at 7:30 am. The day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

8:00 am to 4:00 pm

How Stress Affects the Body

Insomnia | Fat Storage | Memory Issues | Cortisol and Fat Cravings | Blood Sugar | Immunity | Blood Pressure | Identifying Stress and Anxiety

Profession Quality of Life Scale

Questions on Self-Assessment | Interpretation of Results

Causes and Effects of Compassion Fatigue

Fatigue vs. Burnout | Early Warning Signs | Secondary Traumatic Stress | Caregiver Stress

Role of Autonomic Nervous System

Fight or Flight Response | Parasympathetic Response | Reactivity vs. Responding with Intention | Witness to Suffering On a Daily Basis

Relationship Between Chronic Stress and Chronic Disease States

Premature Aging | Effects of Telomeres | Chronic Inflammation and Disease States | Multitasking and Time Management Issues

Stress Reduction Breathing Exercises

4-7-8 Breathing Relaxation Techniques | Ratio Charts and Practice

Self-Regulation Practices

Definition | Parasympathetic Response vs. Fight or Flight | Exercises

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Benefits of Mindfulness and Meditation

Importance of Self-Care | Benefits | Mindful Eating | Progressive Muscle Relaxation | Breath | Spirituality

Self-Care Assessment

Answer Questions | Interpretation of Results

Personalized Self-Resiliency Plan

Worksheet | Learning to Play Again | Support Network | Work to Home Transition | Reducing Mind Noise

Resiliency Meditation

Exercise | Questions and Answers

Accreditation

RN/LPN/LVN/Other: 6.5 Contact Hours

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