

Compassion Fatigue Training

April 7, 2016

**Marathon Auditorium
Blanchard Valley Hospital
1900 S. Main St.
Findlay, OH 45840**

*(Room temperature can vary and is
out of our control. Please dress
accordingly.)*

Agency Registration Deadline

February 23, 2016

Registrations will be
accepted online only.

www.yourpathtohealth.org

Click on the link
"Compassion Fatigue Training"
to submit your registration.

Compassion Fatigue Training

Presented by J. Eric Gentry, Ph.D, LMHC

Dr. Gentry is an internationally recognized leader in the study and treatment of compassion fatigue. His PhD is from Florida State University where he studied with Professor Charles Figley, who wrote *Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized* in 1995. In 1997, under Dr. Figley's direction, Gentry developed the Accelerated Recovery Program (ARP) for Compassion Fatigue with Anna Baranowsky, Ph.D., and Kathleen Dunning. The ARP has demonstrated powerful effectiveness for treating the symptoms of compassion fatigue. Dr. Gentry draws equally from his scientific study and from his rich history of 24 years as a professional therapist to provide this training. His commitment to his mission to serve caregivers helping them to become evermore effective with minimal symptoms is evident throughout this training.

LEARNING OBJECTIVES

1. Understand the history, causes, treatment and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver stress, countertransference, and vicarious traumatization;
2. Identify the true causes of stress in personal and professional life;
3. Learn skills for successful self-regulation of anxiety—ability to maintain parasympathetic dominance regardless of personal or professional context;
4. Develop knowledge and skills necessary to prevent the symptoms of compassion fatigue through enhanced resiliency;
5. Understand importance of maturing and evolving perceptions of work and work tasks as a method of ameliorating stress;
6. Development of a 5-point self-directed Professional Resiliency Plan that can be easily integrated into professional practice and personal life.

Training sponsored and provided free of charge to participants by the Hancock County Board of Alcohol, Drug Addiction and Mental Health Services.



SPACE FOR THIS TRAINING IS LIMITED.

**THIS TRAINING IS LIMITED TO AGENCY STAFF WHO DIRECTLY WORK
WITH HANCOCK COUNTY RESIDENTS ONLY.**

**Agencies must register participants by the
deadline (February 23, 2016) and
must register on-line.**

Continuing Education

Application for CEU credit is
pending approval.