

SAVE THE DATE---FREE Training

Topic Presented:

Secondary Traumatic Stress/Compassion Fatigue: The Musical-A Journey from "Someone Else's Blues" to "We Can Still Smile"

Presenter:

Alan O'Malley-Laursen, MSW, LICSW, Compassion Fatigue Educator/Therapist, Certified Clinical Trauma Professional

WHEN:

Friday, November 2, 2018

9:00 am – 12:00 pm

WHERE:

Migizi Room at Tribal Government Building

5344 Lakeshore Drive

Nett Lake, MN 55772

To register to attend contact Erin Danielson at 218-757-3295 Ext. 263 or by email erin.danielson@boisforte-nsn.gov

Secondary Traumatic Stress/Compassion Fatigue (STS/CF) is the emotional, physical, and personal response to frequent exposure to individuals and families who are experiencing and expressing great pain – often referred to as the "emotional cost of caring." This unique workshop will combine a multi-media presentation, topic-specific live music, and energizing self-regulation techniques to explore STS/CF and ways to ultimately experience compassion satisfaction, the key to thriving in the midst of this difficult work that we do. Focus will be on real-time strategies for self-awareness, self-regulation, emotional reflection and the elicitation and amplification of good work – mostly in the key of "C."

Workshop participants can expect to leave with an awareness of the multiple dimensions of human services workplace stress, recognition of signs and symptoms of STS/CF in their own practice, multiple strategies to enhance compassion satisfaction, and perhaps an encouraging melody or two.

Please note: workshop participants will not be asked to sing

Co-Sponsored by Bois Forte Indian Child Welfare and Bois Forte Behavioral Health Department