

Help for the Helper: Strategies to combat burn-out, promote healing at workplace, and address secondary traumatic stress.



***Instructor Information:***

Alison is a trainer and consultant who specializes in trauma-informed systems, secondary traumatic stress, and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She is a National Trainer for TF-CBT and specializes in Culturally Modified TF-CBT with Latinx Children and Families.

**Instructor:** Alison Hendricks, LCSW

***Course Description:***

You are not alone! This workshop will help you understand Secondary Traumatic Stress (STS), identify common warning signs and reactions, and learn strategies for addressing STS so that it does not get in the way of your work or your well-being.

***Date:*** May 02, 2024

***Time:*** 9:00am-12:00pm

***Location:*** Virtual-The Zoom link and training handouts will be Distributed a week prior to the trainings start date.

RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>  
All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet)

**Free to all registered participants**

**Continuing Education Credits: There will be No Continuing Education Credits for this offering.**

## Help for the Helper:

May 02, 2024

**Course Description:** Up to 67% of mental health workers may be experiencing burnout. Working with traumatized individuals and families can impact providers in many ways - emotionally, physically, and mentally.

1. Are you exhausted, tired, sad, angry, or anxious because of your work?
2. Do you struggle with feelings of inefficiency at your job?
3. Does it appear that your weekends and vacations do not properly address and manage your feelings of fatigue?

You are not alone! This workshop will help you understand Secondary Traumatic Stress (STS), identify common warning signs and reactions, and learn strategies for addressing STS so that it does not get in the way of your work or your well-being.

**Instructor Information:** Alison is a trainer and consultant who specializes in trauma-informed systems, secondary traumatic stress, and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She is a National Trainer for TF-CBT and specializes in Culturally Modified TF-CBT with Latinx Children and Families. Alison is the lead author of two workbooks on TF-CBT, which have been widely disseminated and translated into multiple languages. She is co-author of the Child Welfare Trauma Training Toolkit (3<sup>rd</sup> Ed.), a product of the National Child Traumatic Stress Network (NCTSN). Alison is an Affiliate Member of the NCTSN and is Co-Chair of the Secondary Traumatic Stress Collaborative Group, a member of the Secondary Traumatic Stress Consortium, and a consultant with the Secondary Traumatic Stress Innovations and Solutions Center. Alison worked with the Chadwick Center of Rady Children's Hospital for nine years, first as a trauma therapist and then as Operations Manager of the Chadwick Trauma-Informed Systems Project. She currently provides training and consultation on TF-CBT, trauma-informed care, and secondary traumatic stress to programs across the country. Alison has presented at numerous conferences and has published several journal articles on a wide variety of topics related to childhood trauma and secondary traumatic stress.

**Audience:** This workshop is intended for anyone who is in the frontline of providing direct care in their communities. Whether you are an individual practitioner or an administrator/manager who aims for workforce retention, this workshop is for you. Take the time to take care of yourself and your staff.

**Seat #:** 70

### **Location: Virtual**

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

### **Educational Goals:**

This workshop will help you understand Secondary Traumatic Stress (STS), identify common warning signs and reactions, and learn strategies for addressing STS so that it does not get in the way of your work or your well-being.

**Learning Objectives:**

1. To define secondary traumatic stress (STS), burnout, and related conditions.
2. To identify warning signs and reactions related to STS.
3. To understand how STS intersects with identity, culture, race, and historical trauma.
4. To describe and practice strategies for enhancing resilience for individuals and teams.

**Course outline:**

9:00-9:30	Introductions, Overview of STS and Burnout
9:30-10:00	Warning Signs and Reactions to STS and Burnout
10:00-10:20	Assessment of STS and Burnout
10:20-10:35	Break
10:35-11:00	STS and Culture, Race, and Historical Trauma
11:00-11:35	Strategies to Address STS and Burnout
11:35-11:55	Organizational and Peer Support
11:55-12:00	Wrap Up

**Requesting Continuing Education:** No CE credits for this offering.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact Workforce Education and Training at 951-955-7270 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008)