

I would like to attend the workshop on Compassion Fatigue & Burnout: Prevention and Resiliency for the workforce. Presented by J.Eric Gentry, PhD, LMHC. Please register my application (TICK A BOX)

- ☐ **SYDNEY** **4 June 2013**
Wesley Conference Centre,
220 Pitt Street, Sydney CBD, NSW
- ☐ **PERTH** **11 June 2013**
Wollaston Conference Centre,
5 Wollaston Road, Mt. Claremont WA
- ☐ **ADELAIDE** **13 June 2013**
Next Generation Health Club,
War Memorial Drive, Adelaide SA

- ☐ **MELBOURNE** **17 June 2013**
Darebin Arts and Entertainment Centre,
Cnr Bell Street & George Street, Preston VIC
- ☐ **BRISBANE** **21 June 2013**
Broncos League Club,
98 Fulcher Road, Red Hill QLD

COST

EARLY BIRD RATE:	\$299 per person (before 5th May 2013)
STUDENT RATE:	\$270 per person (before 5th May 2013) (applies to self-funded and full time students only)
STANDARD RATE:	\$335 per person

- All prices include GST, Payment is required to secure registration.
- Only cancellations in writing will be accepted.
- NO REFUNDS WILL BE GIVEN FOR CANCELLING LESS THAN 5 WORKING DAYS BEFORE EACH SEMINAR. Cancellation policy is final and not negotiable. TATRA regrets difficult personal circumstances that prevent participants to attend, however the logistics of event management prevent TATRA from assuming responsibility for these contingencies.
- Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions and/or flight cancellations.
- Morning tea and lunch will be provided.
- Electronic Certificate of attendance will be issued after the workshop.
- Please provide TATRA with your email address.
- All courses are run subject to minimum numbers.

TIME

9.15am - 4.45pm

PRESENTER

J.Eric Gentry, PhD, LMHC

TO ENROL

1. Select the course you wish to attend (tick boxes above).
2. Complete the registration form details below.
3. Send this form with correct payment (cheque, money order EFT or Credit Card Details) to TATRA Corporate & Allied Health Training Services.
4. SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.
5. Remittance notice MUST be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
6. Credit card payments incur 1.5% surcharge.

NAME: _____

ORGANISATION: _____

ADDRESS: _____ STATE: _____ POSTCODE: _____

TEL: _____ FAX: _____ EMAIL: _____

TAX INVOICE TO BE SENT TO: (Include the correct details of your organisation Accounts Payable Dept.)

CREDIT CARD DETAILS		<input type="checkbox"/> VISA	<input type="checkbox"/> MASTERCARD
NAME ON CREDIT CARD		CREDIT CARD NUMBER	
EXPIRY DATE		AMOUNT \$	
SIGNATURE		DATE	

TATRA

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TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES



COMPASSION FATIGUE & BURNOUT: PREVENTION AND RESILIENCY FOR THE WORKFORCE

1-day workshop for professionals

**Presented by
J.Eric Gentry, PhD, LMHC**

APS: Activities do not need to be endorsed by the APS. APS Members can accrue 7 CPD hours by participating in this activity.

AASW: Members can acquire CPI hours by participating in this activity (14 CPE hours).

PACFA: Members can accrue 7 CPD hours by participating in this activity.

ACA: Double Points Apply.

Program Objectives

- Understand the causes, treatment and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver stress, countertransference, and vicarious traumatization
- Explain how compassion fatigue erodes professional resiliency
- Implement skills for successful self-regulation
- Demonstrate an increased capacity to remain comfortable and maximally effective regardless of external demands
- Develop a personalized professional moral compass for the starting point for professional maturation and resiliency
- Implement simple, yet powerful, strategies to prevent the symptoms of Compassion Fatigue
- Create a self-directed, easy-to-use, personalized Professional Resiliency Plan
- Describe the importance of Self- versus Other.
- Validate caregiving as integral component of professional resiliency

This seminar has been identified by hundreds of professionals as life changing, essential and exhilarating. Join Dr. Eric Gentry, a recognized leader in the area of compassion fatigue, and learn evidence-based compassion resiliency and prevention skills drawn from the Accelerated Recovery Program for Compassion Fatigue and Burnout. Learn self-regulation-practical skills that are critical to your being maximally effective with your clients and improving treatment outcomes. For the past 30 years, research has been steadily accumulating to demonstrate that caring has its costs. We now know that working with others who suffer from mental illness, addiction, pain, abuse, social deprivation and trauma have negative effects on the caregivers many of which are potentially debilitating. Compassion fatigue has been identified as a cause for symptoms of depression, anxiety, chemical dependency, eating disorders, relational problems, psychological disorders, and suicide among professionals. If practitioners know how to effectively prevent and conquer stress, burnout and compassion fatigue, they become more effective and productive.

In this workshop, you will learn powerful tools (the anti-bodies) that are critical for professional resiliency and integrate them into your practice immediately. Additionally, you will leave with techniques to teach and help your clients improve their lives. This seminar integrates the latest research and practice wisdom to help you reclaim the satisfaction, hope and inspiration of professional care giving.

Program Highlights

- Evidence-based resiliency training for professionals
- Compassion fatigue, secondary traumatic stress, vicarious traumatization, countertransference, burnout, caregiver stress ...What you need to know
- Why self-care isn't enough - the secrets of compassion resiliency
- Discover how to be stress free.
- Become significantly more effective in your work by integrating the simple components of this training
- Learn the 5 critical elements of professional resiliency
- Learn compassion resiliency skills drawn from the **Accelerated Recovery Program (ARP) for Compassion Fatigue** - the only empirically-validated treatment for symptoms of compassion fatigue
- Learn the skills to sustain your longevity as a practitioner
- Powerful **self-care** tools to immediately integrate into your practice

Program Outline

Welcome: Getting in tune with Compassion Fatigue - Opening Exercise

- "Active Ingredients for effective treatment of traumatic stress

The Problem: Compassion Fatigue Etiology & Symptoms

- Stress = Perceived Threat
- Ambient Secondary Traumatic Stress
- Brain & Body
- Sympathetic vs. Parasympathetic Dominance
- Compassion Fatigue Didactic
- Secondary Traumatic Stress: Causes, Prevention & Cure
- Burnout: Causes, Prevention & Cure

The Solution: Compassion Fatigue Resiliency

- Intentionality
- The Covenant
- Didactic: Breaching Integrity & Sympathetic Dominance
- Self-regulation
- Instruction: Physiological Intervention for shifting from Sympathetic to Parasympathetic dominance
- Self-Validation
- Connection
- Self-Care

About J.Eric Gentry, PhD, LMHC



J. Eric Gentry, Ph.D., LMHC is an internationally-recognized leader in the study and treatment of compassion fatigue. Under Dr. Charles Figley's direction, Gentry developed the Accelerated Recovery Program for Compassion Fatigue with Anna Baranowsky, Ph.D., and Kathleen Dunning. In 1998, Gentry and Baranowsky introduced the Certified Compassion Fatigue Specialist Training and have trained thousands of professionals towards this designation since that time. Gentry has worked with hundreds of practitioners following their work with disaster survivors. 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 assist professionals, helping them to become more effective with minimal symptoms is evident throughout this training. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of South Florida. He is the co-author of "Trauma Practice: Tools for Stabilization and Recovery." He has a private clinical and consulting practice in Sarasota, Florida, USA, and is adjunct faculty at many universities.