



TRAINING ANNOUNCEMENT

COURSE:	Cumulative Stress & Self-Care and Compassion Fatigue & Resilience
PURPOSE:	<p>Cumulative Stress & Self-Care Training The Cumulative Stress Training provided by HHS DBHC is a 1.5 hour session that includes the following: What is cumulative stress? What are the effects of stress? What are evidence-based practices to manage stress? Practice of the following stress management skills from the EBP</p> <ul style="list-style-type: none"> o Diaphragmatic breathing o Emotion Freedom Techniques (EFT) tapping o Guided Visualization/Progressive Muscle Relaxation. <p>This is intended to help participants understand and deal with the crisis of cumulative stress.</p> <p>Compassion Fatigue & Resiliency Training The Compassion Fatigue Training provided by HHS DBHC is a 1.5 hour session that includes the following: What is compassion fatigue/empathic distress fatigue? What are the 4 domains of resiliency? Self-care practices for each of the 4 domains.</p> <ul style="list-style-type: none"> o Cognitive domain <ul style="list-style-type: none"> Cognitive restructuring Thinking traps Problem solving Energy management o Behavioral/Emotional domain <ul style="list-style-type: none"> Social skills o Physical domain o Spiritual domain <ul style="list-style-type: none"> Gratitude Self-compassion
WHO SHOULD ATTEND:	Whomever would like to deal with stress and fatigue.
DATES/TIMES:	<p>July 13 1030am -12pm Cumulative Stress & Self-Care 130pm-3pm Compassion Fatigue & Resilience</p> <p>July 20 1030am -12pm Cumulative Stress & Self-Care 130pm-3pm Compassion Fatigue & Resilience</p>
LOCATION:	Williamson Co Emergency Medical Services North Campus 3189 SE Inner Loop Ste A Georgetown, TX 78626
COSTS:	No tuition is charged.
FUNCTIONAL NEEDS:	Applicants with functional needs should contact Shantelle Brannon at michael.shoe@wilco.org to arrange for accommodations.
COURSE POC:	Michael Shoe, Williamson Co OEM