

# Dynamic Wellness: A Plan For Healing and Prevention

*How to Heal and Prevent Compassion Fatigue...the Normal Response to Abnormal Stressors*

**Friday, August 27, 2010**

**9:00 a.m. - 4:15 p.m. \*\*EST (Registration at 8:30 a.m.)**

*5.5 Continuing Education Hours for LCSWs, LSWs, LMFTs, LMHCs, psychologists, and NAADAC; 2.0 CRU's available for educators*

**Location:** NASW-IN Chapter Office, 1100 W. 42<sup>nd</sup> St., Krannert Hall, Indianapolis, IN 46208 *(Lunch is on your own)*

**CONTENT:** Compassion fatigue is the term used to describe the caregivers' secondary traumatic stress, which results from exposure to clients'/patients'/care-receivers' traumatic stories, and from taking on the burden of the patients' agonies. This is a normal reaction to the abnormal stressors which are part of the daily experience of caregivers responding to the traumatized.

## OBJECTIVES:

- Identify and recognize the symptoms of Compassion Fatigue
- Identify and develop strategies to manage the stress response and to support positive coping (for the professional caregiver as well as for our clients who are caregivers)
- Develop a personalized healing/prevention plan
- Understand the Neurochemistry of Compassion Fatigue
- Recognize the ethical requirement for self-care, as well as the imperative to train clients in self-care
- Develop the capacity to assist clients in developing their own healing/prevention plans

**PRESENTER: Paulette Carson, MSW, LCSW, ACSW**, has been in practice since 1984. She currently works in private practice, specializing in adult psychotherapy, couples counseling, and domestic mediation. Ms. Carson also functions as a consultant/supervisor for newly trained social workers and therapists. She frequently presents training seminars for NASW and for the Indiana Continuing Legal Education Forum; she has been a guest lecturer for the Indiana University Schools of Medicine, Social Work, and Law. Her caseload includes clients who are professional caregivers (physicians, nurses, social workers, therapists, and first responders), which has fostered a practice expertise in identifying and treating Compassion Fatigue.



**Early Bird Registration Fee On or Before: August 20, 2010**

**Fee:** NASW Member: \$100.00 Non-NASW Member: \$145.00 Student Member: \$75.00

## EASY WAYS TO REGISTER:

**Online:** [www.naswin.org](http://www.naswin.org) **Fax:** 317-925-9364 **E-Mail:** [naswin@naswin.org](mailto:naswin@naswin.org) **Phone:** 317-923-9878

**Mail:** NASW - Indiana Chapter, 1100 West 42nd Street, Suite 226, Indianapolis, IN 46208

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Fax) \_\_\_\_\_

NASW Member?  Yes  No NASW I.D. # 8 8 \_\_\_\_\_

Please specify any ADA needs you have in attending this workshop: \_\_\_\_\_

**ACCOMMODATIONS:** If you require accommodations to permit your attendance or participation, please provide a written request with a completed registration form and conference payment at least 30 days prior to the registration deadline for the workshop. Requests received after this deadline may not be able to be processed or fulfilled in time for the activity.

\_\_\_\_ Enclosed is my personal/agency check in the amount of: \$\_\_\_\_\_ (Payable to NASW – Indiana Chapter, 1100 West 42<sup>nd</sup> Street, Suite 226, Indianapolis, IN 46208) for *Dynamic Wellness*

\_\_\_\_ Please charge my  MasterCard  Visa  American Express  Discover

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_ CSC #: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**WORKSHOP POLICIES:** For registrations at the door, postmarked, e-mailed, faxed, or phoned in less than **ONE** week prior to workshops, a late registration fee of \$35.00 will be assessed. **CANCELLATIONS:** There is a \$35.00 processing fee for cancellations. **CONFIRMATION:** Registration confirmation and directions will be sent after the registration deadline via e-mail unless otherwise specifically requested. **\*\*ALL WORKSHOPS ARE EASTERN STANDARD TIME (EST) INDIANAPOLIS TIME.**