

MANAGING COMPASSION FATIGUE

This 16-hour course is designed for first responders, medical professionals, social workers, law enforcement, and other professionals caring for traumatized victims, patients and clients. A general awareness of the causes of compassion fatigue, vicarious trauma and the related stress reaction, as well as ways to resolve stress, should lead to a more effective job performance. This program will examine compassion fatigue and provide students with the tools to help manage compassion fatigue and related stressors. Those attending will be exposed to the benefits of physical exercise, nutrition, and stress relief therapies and create a self-care plan. Attendees should wear comfortable clothes and shoes suitable for walking.

Course topics include:

- Identifying compassion fatigue in yourself and others
- Compassion fatigue and the related stress reaction
- Personal stress management techniques
- Nutrition
- The role of physical fitness
- Dealing with critical incidents and traumatic stress
- Substance abuse
- The role of family and friends

August 2-3, 2018

8 a.m. – 5 p.m.

Location

Florida State College at Jacksonville

Advanced Technology Center

Downtown Campus

Rooms T140/T141

401 W. State Street, Jacksonville, FL

****NO COST****

This project is supported by Award No. VF009 through the Office for Victims of Crime, Office of Justice Programs. Sponsored by St. Petersburg College, Center for Public Safety Innovation (CPSI) and the State of Florida, Office of the Attorney General.



Instructor Glenn Wilson is retired as a Sergeant from the Pinellas County Sheriff's Office with over 29 years of experience. He was a supervisor in the Child Protection Investigation Division where he experienced compassion fatigue on a daily basis with his co-workers and community based partners. This prompted him to create and instruct courses in fitness, stress management, and self-care practices. He holds a Bachelor's Degree in Criminal Justice from the University of South Florida, is a certified Red Cross Lifeguarding, CPR, and First Aid Instructor, a Florida Department of Law Enforcement Physical Fitness Trainer, and a Cooper Institute trained Law Enforcement Fitness Specialist. He is currently an adjunct instructor with St. Petersburg College, teaching numerous in-service and advanced training courses along with being a lead instructor with RAD Training, Inc.

The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling has approved this program. Provider Number 50-2525 ____.

Registration Link: <http://web.spcollege.edu/survey/26652>
CEU Link: <https://spcollege.augusoft.net> create profile then select **Public & Fire Safety** then click **CPSI Public Safety**

For assistance: Smith.Vonceil@spcollege.edu, 727-344-8021
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This training is being conducted in partnership with Florida State College at Jacksonville, Edward Waters College, LSF Health Systems, Mental Health America of Northeast Florida, Northeast Florida Council on Alcoholism and Drug Abuse, and the Northeast Florida Mental Health Counselor's Association.

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