Inova Kellar Center invites you to attend this informative workshop!

Monday, September 12, 2016
Fair Oaks Hospital Conference Center, Fairfax, VA

Professional Resilience Training

This workshop draws from the Accelerated Recovery Program (ARP) for Compassion Fatigue and the Certified Compassion Fatigue Specialist Training to provide an intensive one-day experiential training for professional helpers to prevent compassion fatigue and other work-related stress disorders. This course is an inoculation or vaccination against the potentially painful effects to caregivers working with troubled and traumatized populations. This training is also intended to produce an ameliorative effect upon the current compassion fatigue symptoms that participants may be experiencing. This training-as-treatment effect for this training has been published in several journals and is recognized as an effective treatment for the symptoms of compassion fatigue. The day is a potent alchemy of didactic information, experiential processing, and transformative techniques that assists the professional and/or volunteer care provider in resolving symptoms of compassion fatigue while, at once, developing resiliency skills and practices that prevent compassion fatigue symptoms in the future.

Workshop Objectives:

- Understand the history, causes, treatment and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver stress, countertransference, and vicarious traumatization
- Identify the true causes of stress in personal and professional life
- Learn skills for successful self-regulation of anxiety—ability to maintain parasympathetic dominance regardless of personal or professional context
- Develop knowledge and skills necessary to prevent the symptoms of compassion fatigue through enhanced resiliency
- Understand importance of other resilience skills—intentionality, perceptual maturation, connection & support, self-care & revitalization—in developing the capacity to work in toxic environments without developing symptoms
- Development of a 5-point self-directed Professional Resiliency Plan to integrate into professional practice and personal life

Earn CEU Credits!

These workshops have been submitted to the National Board for Certified Counselors (NBCC) and the National Association of Social Workers (NASW) for approval to award CEUs.

For questions or more information regarding this workshop series, contact us via email at kellar.events@inova.org or call 703.999.6800.

Register early! Space is limited!

To register online, visit us at inova.org/KellarEDU

Agenda

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<th>Time</th>
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<tr>
<td>8 – 8:30 a.m.</td>
<td>Registration &amp; Networking Breakfast</td>
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<tr>
<td>8:30 a.m. – 3 p.m.</td>
<td>Workshop Session</td>
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<td>12 – 12:30 p.m.</td>
<td>Lunch Included</td>
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<td>3 – 3:30 p.m.</td>
<td>Questions &amp; book signings when available</td>
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Cost

Only $70 for each workshop includes lunch and attendee Resource Tool-kit! Register today at inova.org/KellarEDU.