

Compassion Fatigue

Course Description:

This two-day 3 hour highly interactive seminar on compassion fatigue will explore the essential characteristic in supportive relationships. Elements of discussion will include physical, mental, emotional and spiritual connection and presence in a supportive relationship. Through this course we will explore the resources, tools and personal strategies of support needed for participants to expand their wellness and prevent the experience of compassion fatigue. In this workshop we ask that participants who attend have their cameras on and be ready to share with others both in large groups and small groups. What supports this course to be effective is that we all share and learn from others.

Learning Objectives:

1. Participants will identify at least 2 tools to prevent burnout and compassion fatigue.
2. Participants will identify at least 1 way to create a strong foundation for sustained personal well-being.
3. Participants will learn at least 2 ways to build resilience against compassion fatigue.

Target Audience: Santa Clara County Behavioral Health Services staff and contract agencies

***Santa Clara County Behavioral Health Service Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 5.5 hours of continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency- Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP) to provide CEUS. Lunch and scheduled breaks during the training do not count toward CEU credit.

Please contact Learning Partnership if you need accommodations for one of our trainings at 408-792-3900.

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If you need support or clarity with your sccLearn account or the training the Learning Partnership provides, please email us at LPTtraining@hhs.sccgov.org

BJ North works as a consultant to build bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge.

Matthew Federici is the Executive Director for the Copeland Center for Wellness and Recovery. Matthew specializes in trainings to create wellness and community inclusion-oriented systems and to advance the peer support workforce including the implementation of the evidence-based practice of co-facilitated Wellness Recovery Action Plan®. Matthew is a Certified Advanced Level WRAP Facilitator and is a Certified Psychiatric Rehabilitation Practitioner. He received his B.A. from Alvernia University in Psychology and Communications and M.S. in Rehabilitation Counseling from Rutgers University (UMDNJ). Matthew developed and oversees the Doors to Wellbeing Program, a National Consumer Training and Technical Assistance Center.

Lala Doost is from the beautiful Bay Area in California. Lala has gained many years of experience working with non-profit, peer-run or peer-focused agencies and County departments in California, and other states, that are focused on providing support and resources to community members wanting to enhance their wellness. Lala continues to collaborate with agencies to provide workshops that promote the exploration of approaches to stay well in various environments, including at work. Lala enjoys exploring new techniques, ideas and connections in wellness and being

Our Trainings are free-Register online at sccLearn

May 3 & 5, 2022
9:00 am - 12:00 pm



VIA ZOOM
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