

# compassionunlimited

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## Certified Compassion Fatigue Specialist Training



**The Traumatology Institute (Canada)**'s clinical research team has developed a powerful Accelerated Recovery Program (ARP) for professionals who suffer from the deleterious effects of burnout and secondary traumatic stress, commonly known as Compassion Fatigue. This intensive five-session treatment has been effectively utilized in helping numerous mental health professionals from Oklahoma City and NYC to recover from their compassion fatigue symptoms after five intense years of providing services to victims and their families. The Employee Assistance Program of the Federal Bureau of Investigation has adopted the ARP model for use within the agency.

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The Certified Compassion Fatigue Specialist Training (CCFST) offers a truly unique continuing education experience for all professional caregivers. Participants learn how to confidently and effectively use the ARP's five-session protocol with their colleagues/clients by experiencing it first-hand within a supportive community of other professional caregivers. This approach not only allows participants to gain insight and confidence in using the techniques, but also has been shown to reduce their own symptoms of Compassion Fatigue through the training. The exercises are balanced with the presentation of research and theory that helps ensure the professional completes the training with a broad and rich understanding of compassion fatigue, including its symptoms, prevention, and treatment.

Participants who successfully complete the training will be certified as Compassion Fatigue Specialists and authorized to offer the ARP's five-session treatment program as part of their clinical services.

**Participants will learn:**

- The ARP's five-session treatment protocol.
- Latest research and theory of compassion fatigue, vicarious traumatization, secondary traumatic stress and burnout.
- Semi-structured clinical interview skills for assessment/evaluation of compassion fatigue symptoms.
- Mastery of the Compassion Fatigue Assessment Protocol including the use of five self-report instruments designed specifically for assessment and outcome measure with compassion fatigue treatment.
- How to integrate an individual personal/professional mission statement into your prevention/treatment approach and about resources to assist others use this powerful tool.
- New understandings for the underlying causes of burnout along with prevention, resiliency and recovery skills.
- Thought Field Therapy algorithms for anxiety.
- Desensitization and reprocessing strategies for secondary traumatic experiences to resolve secondary traumatic stress.
- Skilled use of video-dialogue--a powerful technique designed to resolve coercive and negative self-management styles.
- How to help the self and others evolve from reactivity to intentionality in personal and professional spheres.
- How to use PATHWAYS: A Self-Directed Protocol for Prevention and Resiliency to Compassion Fatigue.

**Who should attend:**

Mental Health Professionals: Therapists; Case-managers; Clinical Supervisors

Health Care Professionals: Physicians; Nurses; Direct-care staff

Emergency Response Personnel: Paramedics; EMTs, Disaster Relief Staff

Law Enforcement Professionals: Police Officers, Sheriffs and staff

Others: EAP Professionals; Teachers/School Administrators; Attorneys; Corporate and Public Agency Managers

### **Why should I become a Certified Compassion Fatigue Specialist?**

- Be identified immediately as a qualified, caring provider of compassion fatigue relief
- Understand the causes of Compassion Fatigue and how to distinguish it from burnout
- Understand the high-risk factors for Compassion Fatigue
- Understand and develop resiliency skills to prevent Compassion Fatigue
- Be able to recognize, assess, and treat the effects of Compassion Fatigue in the lives of care-givers via the Five (5) Session Accelerated Recovery Program
- Develop renewed excitement and passion in your career as a care-giving
- Using this approach with yourself and other care-givers serves as a catalyst for personal/professional development

### **What Professionals Are Saying About This Course:**

*Excellent opportunity not just to come out of compassion fatigue, but to enter a transformative process.*

Carlos Velazquez-Garcia, MA, MATS  
San Juan, Puerto Rico

*The Compassion Fatigue Training offered by the Traumatology Institute was wonderful. I was able to immediately apply information from the training to my own therapeutic endeavors. The training is pertinent and powerful on a personal as well as professional level. I highly recommend the experience!*

D. Franklin Schultz, Ph.D., FT  
Licensed Clinical Psychologist and Professor

*This is a great interactive, "user-friendly" program that addresses cohesively a way to detoxify trauma, primary on secondary. As a health care provider (RN) this will work for self, colleagues as well as care recipients and their family.*

Linda Price Huff, BSN, CG  
Registered Nurse

*I think this program is a must for all professionals working in a trauma setting whether medical, mental health or emergency services. The effects of unresolved or carried secondary trauma are debilitating to one's career and can have negative impact on the professional's ability to continue giving appropriate service in trauma situations. This program can identify and lead toward healing those wounds, returning the provider to full effective service.*

Ronald D. Davenport, LPC, CEAP  
FBI, Regional EAP Manager

**CEUs: 13 Contact Hours for 491 Board Practitioners**