

## **Training Outline**

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October 25, 2018

8:30am – 4:30pm

### Basic Outline:

- 8:30 AM – 8:45 AM: Itinerary (introductions and schedule)
- 8:45 AM – 9:30 AM: What is compassion fatigue?
- 9:30 AM – 10:30 AM: Early and late signs of compassion fatigue and burnout
- 10:30 AM – 10:45 AM: Break
- 10:45 AM – 11:45 AM: Systemic and Interpersonal contributions to compassion fatigue
- 11:45 AM – 12:00 PM: Q & A
- 12:00 PM - 1:00 PM: Lunch
- 1:00 PM – 1:45 PM: Addressing compassion fatigue with clients and in the moment
- 1:45 PM – 2:30 PM: Everyone says ‘*Self-Care!*’: Nobody knows how to do it!
- 2:30 PM – 2:45 PM: Break
- 2:45 PM – 3:15 PM: Re-thinking self-care: What kind of self-care do I need?
- 3:15 PM – 4:15 PM: Self-care strategizing: goals and plans
- 4:15 PM – 4:30 PM: Q & A