Training Outline
Arianne E. Miller, Ph.D.
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
3:15 PM – 4:15 PM:  Self-care strategizing: goals and plans
4:15 PM – 4:30 PM:  Q & A