When Breathing Techniques and To Do Lists Aren’t Enough: 
Confronting Stress Management Through Organizational Culture
VIRTUAL WORKSHOP

Description
This interactive workshop emphasizes the importance of stress management as a top priority in APS in order to allow workers to enjoy sustainable and healthy professional careers serving older and dependent adults vulnerable to abuse, neglect and exploitation. This workshop specifically examines how professional burnout, secondary traumatic stress and compassion fatigue harm individual professionals and their costs to the entire agency. The theoretical framework of Psychological Capital and its constructs of Hope, Self-Efficacy, Optimism, and Resiliency will be used as the foundation to go beyond self-care techniques and to build an organizational culture that provides the necessary "Renewal" to successfully mitigate the negative effects of stress.

Learning Objectives
1. Describe the differences between healthy stress, secondary traumatic stress, compassion fatigue and burnout.
2. Identify at least three individual and organizational risk factors that allow for negative stress.
3. Develop a plan to implement one new action to mitigate the risks of stress at a personal and organizational level.

Dates and Times

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>Platform</th>
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<tbody>
<tr>
<td>August 26, 2020</td>
<td>9:00AM-10:30AM</td>
<td>ZOOM</td>
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<tr>
<td>September 23, 2020</td>
<td>9:00AM-10:30AM</td>
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Intended Audience
This virtual workshop is intended for all levels of APS professionals, including line staff, supervisors, managers and trainers.

Registration
REGISTRATION FEE: FREE
REGISTRATION PROCESS: Please register through your county training coordinator.
If you have any questions, please contact: apstraining@sdsu.edu
REGISTRATION DEADLINE: August 17th, 2020

*Zoom link will be sent with registration confirmation*
- The use of a web camera and headset or earbuds with microphone is recommended during this workshop

Presenter
Christopher Dubble, MSW, is currently the Director of Training and the Director of the Institute on Protective Services at Temple University Harrisburg in Pennsylvania. The Institute on Protective Services provides training and consultation for Pennsylvania’s adult and older adult protective services system and other investigative agencies. He has worked in the area of protective services for the last 18 years. In his over 25 year career in social work, he has held both direct practice and management positions in healthcare.