# Executive Summary

In a time where helping professionals are often asked to "do more with less", it is no surprise that organizations are witnessing a shift in the engagement and wellbeing of their staff. This course examines the unique stressors placed on helping professionals, specifically Adult Protective Service employees. It clarifies the definition of burnout and distinguishes that experience from other workplace stressors including secondary traumatic stress, empathic distress (also termed as compassion fatigue), and moral distress. This course, designed for line staff, provides specific practices for increasing the wellbeing and resilience of APS professionals.

### Instructor Led Training

This course is an Instructor Led Training, designed to be facilitated virtually. The curriculum and activities can be adapted to an in-person environment with the appropriate materials.

### Course Requirements

N/A

### Intended Audience

This training is intended for Adult Protective Services line staff. Because of the power dynamics that occur between direct reports and leadership, it's encouraged to focus the attendance with line staff.

### Learning Objectives:

Upon completion of this training, participants will be able to:

- Summarize the differences between the various sources of workplace stress including how they are caused and how they might present
- Describe the sources of burnout on an organizational level
- Recognize the symptoms of workplace stress on an individual level
- Identify a variety of interventions to increase personal resilience