

Compassion Stress Management: Counterbalance the Intensity of your Work for Professional Caregivers *6 CEUs

presented by:
Suzie DeVaughn, LMSW
Self-Care Specialists, LLC



Wichita, KS

Friday, April 17, 2015
9 am - 4 pm *6 CEU

DoubleTree by Hilton Hotel
2098 S. Airport Road
Wichita, KS 67209

Overland Park, KS

Friday, May 1, 2015
9 am - 4 pm 6 *CEU

DoubleTree by Hilton Hotel
10100 College Boulevard
Overland Park, KS 66210

Additional Information/Registration at
www.SelfCareSpecialists.com

Class Cost \$120.00: Includes course materials
Early Registration: \$95.00 if registered by:
4/3/15 (Wichita, KS) - 4/17/15 (Overland Park, KS)
Student Rate: \$95.00 (currently enrolled)

Continuing Education

Approved by **Kansas Behavioral Sciences Regulatory Board (BSRB) for social work continuing education: CE Provider # 13-003*

Approved by **Kansas State Board of EMS for EMS continuing Education hours. CE # PP7984*

Self Care Specialists is approved as a provider of continuing nursing education by the **Kansas State Board of Nursing. Compassion Stress Management is approved for 6 contract hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number: SP1329-0315.*

Course Goal: *To provide each participant with the knowledge and skills necessary to reduce the secondary impact of service as a caregiver and to increase compassion satisfaction.*

Objectives:

- Understand the importance of self-care and its impact on the ability to provide optimal services
- Identify secondary trauma injuries, recognize warning signs and symptoms, and identify resources
- Utilization of self-assessment tool to create self-care strategy
- Introduction to mindfulness and learn mindfulness-based stress reduction tools for prevention



Suzie DeVaughn, LMSW is the Founder of Self-Care Specialist, LLC and also serves as its Director. She received Compassion Fatigue Educator and Compassion Fatigue Therapist Certifications from the Green Cross Academy of Traumatology. Suzie facilitates compassion stress management training for professional caregivers. Her experience includes counseling clients at a holistic health center, providing therapy for survivors of domestic abuse at a women's shelter and practicing social work within a community mental health organization.