

## **MANAGING COMPASSION FATIGUE**

This 16-hour course is designed for medical professionals, social workers, child protection case workers, guardian ad-litem, elderly abuse advocates and other professionals caring for traumatized victims, patients and clients. A general awareness of the causes of compassion fatigue, vicarious trauma and the related stress reaction, as well as ways to resolve stress, should lead to a more effective job performance. This program will examine compassion fatigue and provide students with the tools to help manage compassion fatigue and related stressors. Those attending will be exposed to the benefits of physical exercise, nutrition, and stress relief therapies and create a self-care plan. Attendees should wear comfortable clothes and shoes suitable for walking.

### **Course topics include:**

- Identifying compassion fatigue in yourself and others
- Compassion fatigue and the related stress reaction
- Personal stress management techniques
- Nutrition
- The role of physical fitness
- Dealing with critical incidents and traumatic stress
- Substance abuse
- The role of family and friends

**July 25-26, 2019**

**8 a.m. – 5 p.m.**

**St. Petersburg College**

**Allstate Center Rm.103**

**3200 34<sup>th</sup> Street South**

**St. Petersburg, Fl., 33711**

**\*\*NO COST\*\***

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Instructor Glenn Wilson is retired as a Sergeant from the Pinellas County Sheriff's Office with over 29 years of experience. He was a supervisor in the Child Protection Investigation Division where he experienced compassion fatigue on a daily basis with his co-workers and community based partners. This prompted him to create and instruct courses in fitness, stress management, and self-care practices. He holds a Bachelor's Degree in Criminal Justice from the University of South Florida, is a certified Red Cross Lifeguarding, CPR, and First Aid Instructor, a Florida Department of Law Enforcement Physical Fitness Trainer, and a Cooper Institute trained Law Enforcement Fitness Specialist. He is currently an adjunct instructor with St. Petersburg College, teaching numerous in-service and advanced training courses along with being a lead instructor with RAD Training, Inc.

**Registration Link:** <https://web.spcollege.edu/survey/28502>

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