

**GRAND VALLEY STATE UNIVERSITY  
SCHOOL OF SOCIAL WORK  
CONTINUING EDUCATION**

**TOPIC**

**Compassion Fatigue & Burnout:  
Self-Care for Resiliency in Social  
Work**

This workshop invites participants to explore compassion fatigue/satisfaction and burnout while understanding the implications of personal and professional exposure to trauma. Several approaches to managing stress will be explored with many practical skills offered. Finally, the question, "Am I doing self-care the right way?" will be addressed.

Recommended for LBSW and LMSW beginner/intermediate skill level; for additional information, please visit our website:

[www.gvsu.edu/swce](http://www.gvsu.edu/swce)

**OBJECTIVES**

- 1) Participants will understand the body-brain reaction of potentially traumatic events and the associated health risks.
- 2) Participants will gain valuable insight into their personal experiences with traumatic stress and burnout.
- 3) Participants will learn and practice practical coping skills that protect from burnout and engage the brain and body toward a healthy stress management lifestyle.
- 4) Participants will learn a new strategy for self-care and identify their next steps in healing and growth.

**DATE:**

Friday, February 18, 2022  
8:45am—12:00pm

**LOCATION:**

Online Live Webinar via  
Zoom

*Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.*

**PRESENTED BY:**



**Dr. Joshua Bishop** has worked in human services for nearly 20 years. His clinical experience is in trauma treatment, congregational social work, and youthwork. He is trained in three evidence-based practices for trauma treatment: CPT for PTSD, Accelerated Resolution Therapy, and Trauma-Focused CBT. His quantitative research interests are generosity, volunteerism, adverse childhood experiences, trauma education, and trauma treatment.

Education:  
MSW Michigan State University (2013)  
PhD Michigan State University (2019)

**CE CREDIT: 3.0**

**COST: \$49**

**REGISTER:**

Visit [www.gvsu.edu/swce](http://www.gvsu.edu/swce)