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

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

CE CREDIT: 3.0
COST: $49

REGISTER: Visit www.gvsu.edu/swce

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)