

# Preventing Vicarious Trauma

With Beverly Kyer, MSW, CSW, ACSW

A FREE training presented by Alameda County Behavioral Health and A Better Way

## Course Objectives

- Learn 3-4 ways how to be resilient in the face of overwhelming and emotionally intense demands.
- Learn 3 strategies for accelerated recovery and self-regulation.
- Learn at least 2 new ways to support co-workers and increase morale; accountability helps.
- Learn the multiple causes and triggers of CF and burnout.
- Learn the potentially damaging professional and personal effects of secondary stress.
- Learn the role of stress in relation to anger, emotions and behavior.
- Learn to recognize at least 3 early warning signs of stress overload in yourself and others in your circle of colleagues, friends and acquaintances

This highly interactive training is designed to address the self-care needs of those working with children, youth and adults impacted by traumatic life events. Participants are encouraged to verbalize their understanding and connectedness to the multiple aspects of compassion fatigue. By taking a self-inventory, participants will see first-hand, the levels of stress they experience. The group will look at several tools and techniques to circumvent the most challenging aspects of their compassion fatigue and to be able to regain a state of neuro-physiological (mind-body) regulation, recovery and resilience. Addressing stress in the workplace has traditionally been avoided or seem as a distraction to the delivery of service. This training integrates stress management techniques and strategies off and on the work site without interrupting productivity. Direct Care staff and management are encouraged/prompted to understand their vulnerabilities, recognize early their own and their colleagues warning signs of secondary and vicarious stress. Management is also provided with strategies to promote a more secondary trauma informed work environment and support the maintenance of professional and personal wellbeing in valued staff. These approaches can be applied to unique work settings to strategize appropriate opportunities to incorporate self-care concurrent with work performance.

**Audience:** Alameda County Behavioral Health (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

**Beverly Kyer** has been a Public Speaker, Educator and an Author for more than 40 years with specialties in Post-Traumatic Stress Disorder; the Trauma Impact on Brain Development, Behavior and Learning in Children, and Adults, and Vicarious Trauma. Beverly has served as the Employee Assistance Program Coordinator, and the Assistant Chief of Social Work Services, Bronx N.Y. Veteran's Administration Medical Center. She has served several years working Military Veterans, children and families receiving medical & psychiatric care, and those in Juvenile Justice and the Foster Care Systems. Beverly is a Certified Compassion Fatigue Specialist, and is the Founder and CEO of The Kyer Group Corporation, a team of compassionate Trauma Informed Specialists, who help those in the Helping Professions and Family Caregivers. Beverly travels throughout the country with a mission to educate, inspire and support recovery, resilience, and effectiveness for Professional Service Providers and Caregivers to the traumatized and most vulnerable in society.



Wednesday, January 22<sup>nd</sup>, 2020

9am-4:30pm | Registration at 8:45am

5325 Broder Blvd., Dublin, CA 94568 | Santa Rita Jail, Media Room

### TO REGISTER

Sign up & search by course date to register: <a href="https://training.abetterwayinc.info/courses/348">https://training.abetterwayinc.info/courses/348</a>	Course Registration Code aeom1e
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This Course is eligible for 6 master's level CE credits only. A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361). The California Board of Behavioral Sciences (BBS) recognizes CAMFT Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit.

For accommodations or Grievances, contact: [Trainings@abetterwayinc.net](mailto:Trainings@abetterwayinc.net) | (510) 913-1326