



MILITARY CAREGIVING
Military Families Learning Network

VIRTUAL LEARNING EVENT

November 18, 2015 @ 11:00 a.m. Eastern



Relating! Combating Compassion Fatigue

REIMAGINE YOUR SKILLS

The Military Caregiving concentration area of the Military Families Learning Network (MFLN) will offer a three-part virtual learning event (VLE) for military service providers, focusing on foundational tools for professionals working with military family caregivers. Centered on a theme of reenergizing and rejuvenating personal and professional growth, this FREE web-based learning opportunity is open to the public and is structured to provide a professional conference experience with colleagues in caring disciplines. Each session will be 90-minutes and will provide an opportunity to engage with colleagues and presenters virtually.

In Session #3, '*Recharging! Combating Compassion Fatigue*', attendees will gain an understanding of the concept of compassion fatigue, describe the symptoms of compassion fatigue, and discuss strategies to minimize the negative impact of compassion fatigue. Military caregivers are at high risk for the negative impact of compassion fatigue. The experience of trauma can extend beyond those who are directly impacted to those who provide care to traumatized individuals, including military service professionals. This phenomenon is referred to as compassion fatigue or secondary traumatic stress.

REFLECT! MINDFULNESS EXERCISE

After each session, MFLN will provide 15-20 minute audio files on mindfulness. The audio series is intended to help participants discover and observe their reactions to life's stressors and provide tools for responding effectively.

PRESENTER

Brian Bride, Ph.D., Professor and Director of the School of Social Work at Georgia State University, has a particular interest in studying secondary traumatic stress/compassion fatigue in human services professionals and is the developer of the Secondary Traumatic Stress Scale. Dr. Bride's teaching and research interests focus on mental health and substance abuse services for special populations including women, older adults, persons living with HIV/AIDS, persons with co-occurring disorders, and traumatized populations.



CONTINUING EDUCATION

1.5 Continuing education credit will be available upon approval from the National Association of Social Workers (NASW) for credentialed participants. A certificate of completion will also be available for those interested in receiving training hours.

EVENT LOCATION

To join the webinar use the '*Event Location*' link below. The webinar is hosted by the Defense Connect System (DCS). Registration is required to join.

<https://learn.extension.org/events/2188>