

## **Building Provider Resilience**

### **Program Description**

This program is designed to introduce the concepts provider-focused resilience. Professionals providing services to vulnerable populations often feel frustrated and overwhelmed. This training will help professionals to understand the difference between compassion fatigue, burnout, moral distress, and vicarious trauma. We will examine the way our work can impact our lives, with a focus on body and mind from a mindfulness perspective. We will build an individualized plan focused on self-compassion, self-care, professional coping, and action-based resiliency so that we can be best prepared to help others.

### **Program Objectives**

Upon completion of this program, participants will be able to:

- Explain compassion fatigue, burnout, moral distress, and vicarious trauma.
- Describe how our professional lives can impact our overall well-being.
- List tools and strategies to minimize our work's impact on our bodies and minds.
- Outline an individualized action plan that builds our resilience and impact.

### **Target Audience**

This workshop will be beneficial to human service professionals, including psychologists, social workers, counselors, teachers, social workers, nurses, and administrators.

### **Program Agenda**

10:00	Welcome and Introductions How Exactly Does Our Work Impact Us?
10:45	Understanding Our Stress: Burnout and Related Phenomenon
11:15	Creating an Individualized Action Plan Q/A Discussion
11:50	Q/A Discussion
12:00	Adjourn

### **Contact Hours**

2.0 hours

### **Faculty**

**Kelly Graves, Ph.D.**, is a licensed clinical psychologist in the state of North Carolina. After serving as a tenured Associate Professor for a combined almost 16 years at UNCG and North Carolina A&T, Dr. Graves decided to pursue her passion of bridging research and practice by hanging up her academia hat and founding Kellin, PLLC and its non-profit partner the Kellin Foundation. Since that time, the Kellin Foundation has been named a partner with the National Child Traumatic Stress Network (NCTSN) for its expertise in community-based trauma recovery for children and families, which is the second site in the state of North Carolina behind Duke University. Dr. Graves is a consultant with the United States Department of Justice and has been

invited to the White House under the Obama Administration to participate in think tank efforts around building community resiliency. She is also a training consultant with the UNC-CH School of Social Work's AHEC Training Partnership. She has successfully implemented dozens of large-scale grants totaling over \$10 million dollars focused on community change and is an accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. She developed the Greensboro Child Response Initiative, which is nationally recognized as a model by the US Department of Justice for best practices in responding to children exposed to violence. Her awards include the American Psychological Association Division 56 Trauma award, the Triad Business Journal Top 40 Leaders Under 40 award, named as a Top Psychologist award with the International Association of Health Care Professionals, and several others. In her free time, she loves to spend time with her family and friends, cheering on her favorite sports teams, and reading.