

Cultivating Resilience in Challenging Times: Strategies for Caregivers and Professionals

Program Description

In this interactive workshop, we will explore the topic of resilience for caregivers and professionals, with a focus on those serving older adults. The presentation will examine current research amid the COVID-19 pandemic and will include new strategies and tools for improving individual capacities to monitor and address symptoms of compassion fatigue and burnout.

We will “get real” about self-care and wellness by exploring individual and systemic barriers to balancing demanding caregiving roles with the many stressors present during the past two years. We will discuss the value of community and social networks in supporting resilience, and each participant will create a concrete, personalized plan for incorporating wellness strategies within their personal and professional lives. Through discussion, video clips, and brief mindfulness activities, participants will engage in an interactive dialogue about prioritizing self-care and resilience in the real world.

Learning Objectives

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

1. Describe indicators of compassion fatigue and burnout as well as compassion satisfaction in caring for older adults.
2. Explain the common barriers to wellness during the COVID-19 pandemic that may contribute to burnout among those in caregiving roles.
3. Outline strategies that can be used to reduce burnout and increase personal and professional resilience.
4. Create a personalized self-care plan that identifies strategies to improve physical, psychological, emotional, spiritual, and professional well-being.

Target Audience

This workshop will benefit health and human services professionals, caregivers, and community advocates interested in this topic.

Contact Hours

1.0 - Contact Hours

Program Agenda

11:30 AM - 11:45 AM	Interactive Exercise--introductions; opening mindfulness activity
11:45 AM - 12:00 NOON	Reviewing research: What we know about compassion fatigue and burnout among caregivers and professionals during COVID-19

12:00 NOON -12:30 PM Interactive Exercise--creating a personalized plan to promote resilience and address burnout

Faculty

Amy Levine, MSW, LCSW, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services as well as mental health and worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW-A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services. Amy enjoys providing training on a variety of practice topics and appreciates learning from and further supporting the important work carried out by our human service professionals.