

# **Provider Resilience: Assessing Compassion Fatigue and Cultivating Well-Being in Challenging Times**

## **One-Hour Version**

### **Program Description**

Resilience is the ability to recover from or adjust easily to misfortune, adversity, or change. In this online module, we will explore the concept of burnout within allied health careers and the ethical implications for our professional and personal lives. We will center our discussion around the current COVID-19 crisis and the increased stress felt by health and human service professionals in managing both personal and professional demands within a changing landscape.

We will “get real” about self-care and well-being by exploring both individual and systemic barriers in balancing demanding professional roles with the stress of life outside of work, and we will review what the research tells us about how to overcome these barriers to remain resilient in challenging professional roles. We will identify how the current public health crisis impacts our ability to support our own well-being, and ultimately, we will identify strategies to prioritize self-care in our current world.

### **Learning Objectives**

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

1. Describe indicators of compassion satisfaction and fatigue and identify the ethical and practice issues that result from compassion fatigue in the workplace.
2. Explain the common barriers to wellness in our current times, both on individual and systemic levels, that contribute to compassion fatigue for health and human service professionals.
3. Identify self-care strategies designed to improve physical, psychological, emotional, spiritual, and professional well-being.

### **Target Audience**

This workshop will benefit allied health providers, educators, human service professionals, and community advocates interested in this topic.

### **Contact Hours**

1.0 contact hours

### **Agenda**

- Introduction of Topic and Opening Mindfulness Exercise (10 min)
- Placing Professional Wellness Amid a Pandemic (15 min)
- Compassion Satisfaction and Compassion Fatigue: Concepts & Indicators (20 min)
- Building Resilience: Creating a Plan for Current Times (15 min)

**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.