

# **Preventing Burnout and Fostering Compassion Satisfaction**

## **Program Description**

Working with people who have survived trauma or are facing crises can be incredibly rewarding, but it can also take its toll on your well-being. Yet, many frontline professionals question how they stay in this work for the long haul or promote the wellbeing of their colleagues. Being regularly confronted with the realities of the pervasiveness of trauma in our communities can leave helping professionals particularly prone to burnout, a psychological syndrome that involves a prolonged response to chronic interpersonal stressors on the job.

This workshop will explore how to foster compassion satisfaction or the ability to receive gratification from their roles dealing with traumatized individuals and communities. Participants will also learn more about their current levels of compassion fatigue and satisfaction through individual activities and self-reflection. Group activities will help participants build confidence by creating relationships and organizations that foster compassion satisfaction. Strategies, discussion, and case studies will center on the ethical implications of compassion fatigue and burnout and the value of centering compassion satisfaction to sustain ethical practice. Based on what we know from research across various disciplines, participants will both learn tangible steps to proactively prevent burnout and leave with a plan of action.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

- List components of burnout, compassion fatigue, and compassion satisfaction.
- Outline research-based strategies to prevent burnout and foster compassion satisfaction at the individual, colleague, supervisor, and organizational level.
- Explain the ethical implications of not addressing compassion fatigue and burnout and the role of compassion satisfaction strategies in sustaining ethical practice.
- Discuss how the role of helping professionals can positively and negatively impact personal and professional wellbeing.

## **Target Audience**

Mental health or healthcare professionals who do significant work with people impacted by trauma, including social workers, nurses, doctors, counselors, and others.

## **Contact Hours**

4.0 contact hours (Can be customized for a 2.0 to 6.0-hour training)

## **Program Agenda**

9:00 AM - 9:20 AM

Introductions and Self-Assessment/Group Activity

9:20 AM -10:30 AM	Interactive Discussion of What We Know from Research and Practice about Compassion Satisfaction and Fatigue and its Ethical Implications
10:30 AM - 10:45 AM	Break
10:45 AM - 12:00 Noon	Evidence-Based Strategies for Promoting Compassion Satisfaction and Fostering Ethical Organizations
12:00 Noon - 1:15 PM	Small Group Ethics Case Studies, Action Planning, and Self Reflection
1:15 PM	Adjourn

### **Faculty**

**Sarah M. Godoy is a PhD candidate**, graduate research assistant, and Royster Fellow in the School of Social Work at the University of North Carolina at Chapel Hill (UNC Chapel Hill). Since 2015, her research has focused on children and adults experiencing commercial sexual exploitation and their intersections with child welfare, legal, and healthcare systems. Sarah is currently a research volunteer with and the former project coordinator of the Commercial Sexual Exploitation Research Group at the University of California, Los Angeles (UCLA). She served as the chair of the Gender-Based Violence Research Group's Training and Research Committee at UNC Chapel Hill. Her research agenda has expanded to examine eating disorders among marginalized communities as well as experiences of essential workers of color during the COVID-19 pandemic. She served as a project coordinator for the Living FREE Lab at UNC Chapel Hill. She is particularly interested in using participatory research strategies to engage communities with lived experience and service providers to advance the prevention and intervention of commercial sexual exploitation. She was the Co-Investigator of a pilot study at UCLA which used a community-based participatory research approach to develop and implement the first in the nation sexual health intervention for adolescents in foster care with commercial sexual exploitation histories. In 2017, Sarah was named number 20 of the top one hundred Human Trafficking and Slavery Influence Leaders. Sarah earned her Master of Social Welfare degree from UCLA.