

**The healers
need healing.**



Nov. 6-8, 2019

8:30am - 4:30pm

Saves Careers • Revitalizes Care-Providers • Restores Mission Passion • Increases Retention

Exposure to the traumas of those you serve, multiplied case after case, has the likely effect of traumatizing care-providers. Secondary or Vicarious Trauma can profoundly impact professionals emotional depletion, depression and anxiety, a sense of isolation or helplessness, anger, irritability, and cynicism. Without a healing response, the outcome is frequently Compassion Fatigue and abandonment of careers. These are *not* problems which overtake less competent care providers. It is, ironically, those with the *greatest capacity for feeling and expressing empathy* who are most at risk for secondary trauma.

The original, proven-effective, & complete
Secondary Trauma Resiliency Training[®]

A comprehensive approach to Compassion Fatigue

- Three days
- Enough time to really get it!
- Enough time to unwind
- Valuable self-support tools
- Empathy vs. Compassion
- Acknowledging Multiple Motivations
- Letting Go of the Attachment to the Outcome
- Protect against the "Armoring of the Heart"
- Increase professional effectiveness
- Find greater job satisfaction
- Beautiful, peaceful setting
- Powerful experiential learning
- Lightness & fun, too!

If you work in:

- Victim services – child abuse, sexual violence prevention/counseling, domestic violence, victim assistance units
- Public health nursing
- Mental health
- Substance abuse treatment
- High morbidity medical services
- Hospice / palliative care - ICU, Oncology
- Homelessness / poverty

...this training is for you.

"I wish everyone in my agency, actually I wish everyone in my field, could have the opportunity to attend." -previous participant

Training Tuition Only \$495. SCHOLARSHIPS AVAILABLE!

In some cases partial scholarships may be available.

This continuing nursing education activity was approved by **Colorado Nurses Association**, an accredited approver by the American Nurses Credentialing Center's commission on Accreditation. This training has also been approved by the **National Association of Social Workers Colorado Chapter** for **24 hours of CEUs**.

Trainers

Henry Tobey, Ph.D.

Executive Director, VitalHearts • Has led Secondary Trauma Resiliency Training 115 times for over 2300 professionals • Trauma psychologist, 30 year experience • Psychotherapy practice: Colorado Psychological Resources, PC • Earlier in his career, police psychologist, forensic psychologist, hospital administrator

Erika Croswhite, MA, CCLS

Child Life Manager, Child Life Specialist at Denver Health • Master's degree in educational psychology, studying how children think and learn • Over 18 years of experience supporting acutely, chronically, and terminally ill hospitalized children and their families • Life passion- to raise healthy, fulfilled children and positively influence the lives of children with whom I work! • I am a joy-filled adventure seeker, fitness instructor, optimist, teacher, playmaker, and light shiner!

Register Online

www.VitalHearts.org

Contact

Phone 303.987.3000
Contact@VitalHearts.org

Location

Mt. Vernon Canyon Club
24933 Club House Circle
Golden, CO 80401