

FREE TRAINING

Compassion Fatigue

Compassion Fatigue is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it is traumatizing for the helper.

Attendees will:

- ♦ Be able to articulate, assess, and identify the symptoms of Compassion Fatigue (CF) in self and others;
- ♦ Recognize CF triggers and early warning signs;
- ♦ Be able to test themselves and others whenever necessary to ascertain their own CF levels;
- ♦ Known and practice what is required to create, maintain, and facilitate a self-care plan for self and others; and
- ♦ Be familiar with Green Cross Academy's Standards of Self-Care and Standards of Practice.

Date: Tuesday, October 12, 2021

Time: 2:00pm – 4:00pm

Location: Monticello Community Center
Mississippi Room
505 Walnut Street, Monticello, MN

Register: <https://www.eventbrite.com/e/compassion-fatigue-training-tickets-160013277019>

Seating is limited, so advance registration is required!

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work



About the Speaker

Dr. Dan Casey

Dr. Dan Casey is a Green Cross Certified Traumatologist. He's certified by the American Academy of Experts on Traumatic Stress as an expert in trauma response and in school crisis response. Dr. Casey is a Site Director, Board Member, and is presently serving as Executive Director of the Green Cross Academy of Traumatology.

Dr. Casey has been involved in the International Critical Incident Stress Foundation (ICISF) since being trained in Critical Incident Stress Debriefing (later the Critical Incident Stress Management) program by Jeffrey Mitchell in 1987. He has been a member of ICISF since its inception, and was invited and accepted a seat on the International Advisory Committee to the American Critical Incident Stress Foundation, and later the ICISF, which he still holds. Dr. Casey has been a certified member of Green Cross since 1999 and has deployed many times for them as an Incident Commander.

Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

Training is brought to you by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.