

FOUR-HOUR LIVE WEBINAR

Tuition: \$74

(REGISTRATION FORM)

BURNOUT & COMPASSION FATIGUE:

HOW TO *THRIVE* INSTEAD OF JUST *SURVIVE*?

Please Check One Option Below:

LIVE WEBINAR:

Wed., Nov. 22, 2023, 12:00 PM – 4:30 PM, (Eastern Time)

or 11:00 AM – 3:30 PM, (Central Time)

or 9:00 AM – 1:30 PM, (Pacific Time)

Fri., Dec. 22, 2023, 12:00 PM – 4:30 PM, (Eastern Time)

or 11:00 AM – 3:30 PM, (Central Time)

or 9:00 AM – 1:30 PM, (Pacific Time)

\$74 – Pre-Registration Rate: Live Webinar with 4 contact hours.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

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There are **four** ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026) and the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#L0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-22-112-L04-P. This is a knowledge-based CPE activity.

REGISTERED DIETITIANS & DTRs

This program awards 4 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. This course has Activity Number 172857 and Performance Indicators: 14.1.8 and 14.4.6. CPE Level: I.

PSYCHOLOGISTS

Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the PA Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

MENTAL HEALTH COUNSELORS, MFTs, & ADDICTION COUNSELORS

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.

Under Sponsor #00088989 and Approval #60007963514, CRCC has approved this course for four contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. INR is approved by the NAAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022 – 02/28/2025. Social workers completing this course receive 4 continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. This course "Burnout & Compassion Fatigue," Approval #01202023-11 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/22 through 08/31/24. New Jersey social workers will receive four (4) Clinical CE credits for participating in this course.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval #CE 23-949920). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education. The New Jersey State Board of Physical Therapy Examiners has approved the course for 4 hours continuing education credits. The NJBPTCE Course Approval #2211-19.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



ACCREDITATION (cont.'d)

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



BURNOUT & COMPASSION FATIGUE:



HOW TO *THRIVE* INSTEAD OF JUST *SURVIVE*?

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

BURNOUT & COMPASSION FATIGUE:

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Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the 3 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

Caring for others' illnesses and health can be physically and mentally overwhelming, exhausting, and sometimes traumatizing. Between 35 and 54 percent of U.S. nurses and physicians already felt burned out before the pandemic, according to the National Academies of Sciences, Engineering and Medicine. Approximately 20% of healthcare workers, including Physical therapists, occupational therapists, dentists, dental hygienists, pharmacists, physicians and mental health care providers resigned since the pandemic, with nurses leading the exodus (30%). Still others wish they could afford to resign. Burnout was cited as the number one reason for resignations and desire to exit. Reasons for burnout include: being understaffed, compassion fatigue, lateral violence, secondary trauma, physical demands, insufficient support from employers and supervisors, and challenges with electronic health Records (EHR) and other technologies. Additionally, most have experienced an increase in stressors outside of the job due to the pandemic, inflation, traumatizing news, etc. Finally, while most healthcare providers are great at taking care of others, most aren't nearly as good at taking care of themselves. Hence, treating and preventing burnout must be addressed to save our healthcare system.

Interventions can be addressed at three levels: 1) healthcare systems (e.g. hospitals, skilled nursing centers, dental offices, therapy centers, clinics), 2) clinical teams, and 3) individual healthcare providers. While this seminar will include interventions at all levels, the focus is on individual where we can have the greatest impact. Therefore, multiple coping strategies to prevent burnout and compassion fatigue will be presented. This includes addressing lateral violence, resiliency, emotion regulation, self-care and managing stress, anxiety, and worry.

Many healthcare providers believe that they do not have time to relax or that their jobs are too stressful to be able to relax. Dr. Jennifer L. Abel, anxiety and worry expert, will explain how to utilize strategies that can be effective in as little as five minutes/day. She will explain how to manage stress even in very demanding situations. She will teach you multiple effective coping strategies that you can utilize without stopping your work flow. Some of these strategies will also help to conserve energy to manage fatigue. These strategies can be used for patients and clients, as well as all healthcare providers.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses. Furthermore, the contents of these presentations are relevant to graduate level counselors; The presenter teaching the program has an advanced degree in the mental health field.

PROGRAM/LECTURE

12:00 PM to 1:00 PM – First Session

- **The Nature of Burnout and Compassion Fatigue.**
- **Stressors that Cause Burnout, Including:** Secondary Trauma, Grief, Physical Demands, Compassion Fatigue, Lateral Violence, Electronic Health Records (EHR), Fluorescent Lights, Personal Protective Equipment (PPE), Staff Shortages, etc.
- **Three Levels of Intervention:** The Health Care System, the Health Care Team (Team Lead and Team Players), and the Individual. What Can Be Done at Each Level?
- **Compassion Training to Reduce Compassion Fatigue.**

**** Evidence-Based Strategies to Improve Effectiveness, Efficiency While Managing Stress and Anxiety.**

1:00 PM to 1:10 PM – Break

1:10 PM to 2:10 PM – Second Session

- **Self-Care for the Caregiver:** Assertiveness, Getting Help, "Me Time", Home Remedies, Pampering.
- **Lateral Violence:** Why Zero Tolerance Policies Are Not Enough, Cognitive Rehearsal, Assertiveness,
- **Why Efforts to Manage Anxiety Fail:** What to Do Instead.
- **Fighting Anxiety Fuels Anxiety:** Therefore Invite it, Don't Fight It.
- **Metaphors and the Opposite of Fighting Anxiety:** Mindful Observation and Acceptance.
- **Mindful labels, Awareness Cures, and Trying Fails.**

**** Evidence-Based Strategies to Improve Effectiveness, Efficiency While Managing Stress and Anxiety.**

2:10 PM to 2:20 PM – Break

2:20 PM to 3:20 PM – Third Session

- **Process vs. Command:** How One Word can Make a World of Difference.
- **The Anxiety Spiral;** an Ounce of Prevention is Worth a Pound of Cure for Stress and Anxiety.
- **Active Relaxation, the Solution to "I Don't have Time to Relax."**
- **Worry Postponement, the Wisdom of Scarlett O'Hara:** "I'll Think about It Tomorrow."
- **Reasons that Health Care Providers Worry and How to Manage Each Specifically.**

**** Evidence-Based Strategies to Improve Effectiveness, Efficiency While Managing Stress and Anxiety.**

3:20 PM to 3:30 PM – Break

3:30 PM to 4:30 PM – Fourth Session

- **Polyvagal Theory and Vagal Tone Exercises.**
- **Why Positive Thinking and Cognitive Therapy Often Fail:** Possible Solutions.
- **Better but Believable Thoughts, Stop "Shoulding on Yourself,"** Finding and Saying What You Want.

PROGRAM (cont.)

- **Why Resilience is Better than Stoicism.**
- **Emotion Regulation:** Why Accepting Healthy Emotion is Crucial.
- **Putting It All Together:** Practice, Practice, Practice.

**** Evidence-Based Strategies to Improve Effectiveness, Efficiency While Managing Stress and Anxiety.**

Questions & Answers, Post-test, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the difference between burnout and compassion fatigue as it relates to healthcare providers.
- 2) define active relaxation.
- 3) explain how to use frequent reminders to help maintain a level of calm throughout the days without interfering with workflow.
- 4) list six stress reduction strategies.
- 5) define emotion regulation and the value of freely expressing emotions when safe.
- 6) explain the relationship between work engagement and compassion for self and others to manage compassion fatigue.
- 7) describe how self-care improvement can enable scheduling time for oneself, being assertive, and manage workplace aggression.
- 8) outline how the information in this course can be used to improve patient care and outcomes.
- 9) describe, based on the materials presented in this course, the implications for nursing, pharmacy, mental health, dentistry, dietetic, occupational and physical therapy professionals.

INSTRUCTOR

Dr. Jennifer L. Abel (Ph.D) is a clinical psychologist, a Certified Compassion Fatigue Professional (CCFP), an international speaker, and a scientist-practitioner who specializes in the treatment of anxiety disorders. She holds a doctorate in adult clinical psychology and has been in clinical practice for 30 years. Dr. Abel served as the Associate Director of the Stress and Anxiety Disorders Institute at Penn State University. She has written several books, including "Active Relaxation" and "The Anxiety, Worry, and Depression Workbook." On her work in the field of anxiety and behavioral medicine, Dr. Abel has published many articles in professional journals.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.