



Monday, May 4, 2020

9:30 am Registration
10:00 am Presentation
12 noon Lunch on site
1:00 pm Presentation
5:00 pm Dinner on Site

Tuesday, May 5, 2020

8:00 am Breakfast on site
8:45 am NAF Meeting

\$110.00 for conference, meals and
lodging for one night

\$180 for conference, meals, and
lodging for two nights

\$50.00 for Monday conference only

**Nurse Administrator's Forum
Presents**

***Secondary Traumatic Stress
Compassion Fatigue
and
Preventing Burnout***



**Presented by
Dr. Natalie Nugent
Monday, May 4, 2020**

NAF Meeting May 5, 2020

**Location:
MacMullen Conference Center
Higgins Lake**

Make check payable to: Nurse Administrator's Forum

Return this form by April 15, 2020

to: Anne Young, DHD#10, 521 Cobb St., Cadillac, MI 49601

You may include a check or pay at the door.

Name: _____

Organization: _____

Address: _____

Phone: _____ Email: _____

Lodging: Sunday & Monday _____ Monday only _____ No lodging needed _____

I will be attending: Conference and NAF Meeting _____ Monday ONLY: _____

Amount Enclosed _____

Comment: _____

Training Overview

The World Health Organization (WHO) recently included occupational burnout in its revised version of the International Classification of Diseases.

Burnout, which refers to a pattern of emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment is a condition often experienced by those working in the health and human services sector (Maslach, Jackson & Leiter, 1996).

This training will help participants recognize how burnout differs from other clinical conditions and learn how those who work with individuals exposed to traumatic events may be impacted.

Strategies for improving self-care will be discussed and practiced.

Learning Objectives

- ♦ Understand the differences among secondary traumatic stress, compassion fatigue, and burnout.
- ♦ Learn to recognize personal warning signs of burnout and secondary traumatic stress.
- ♦ Develop strategies for managing burnout, including core mindfulness skills.



Dr. Natalie Nugent

Dr. Natalie Nugent is a fully licensed clinical psychologist who specializes in the assessment and treatment of post-traumatic stress disorder and other trauma-related sequelae.

Dr. Nugent earned her PhD from Eastern Michigan University where she completed specialized pre-doctoral training in trauma-informed care. She has national certifications in both Prolonged Exposure Therapy and Trauma-Focused Cognitive Behavioral Therapy, as well as extensive training in Cognitive Processing Therapy.

Dr. Nugent is currently employed at Huron Behavioral Health where she serves as the agency's Chief Operating Officer and Clinical Director. She regularly provides community trainings on trauma-informed care, the effects of childhood trauma on long-term functioning, and compassion