



Monday, May 16 2022

9:30 am Registration
10-12 noon Presentation
12-1 pm Lunch on site
1:00-3:00 pm Presentation
5:00 pm Dinner on Site
6:30-8:30 pm Art Therapy

Tuesday, May 17, 2020

8-9 am Yoga
9-10 am Breakfast on site
10-12 noon Meeting/NAF Strategic Plan Work

Conference Fee Per Individual:

\$118.50 for conference, meals and one night single room lodging
101.50 for conference, meals and one night double occupancy lodging
\$191.50 for conference, meals, and single lodging for two nights
157.50 for conference, meals and double room lodging for two nights
\$109.00 for Monday conference and meals only, no lodging

Nurse Administrator's Forum Presents

Secondary Traumatic Stress Compassion Fatigue and Preventing Burnout



Presented by
Dr. Natalie Nugent
and
Art Therapy
with
Deborah Wright
Monday, May 16, 2022

NAF Meeting May 17, 2022

Location:
MacMullen Conference
Center Higgins Lake

Make check payable to: Nurse Administrator's Forum Return this

form by **May 1, 2022 to: Aimmee Mullendore Treasurer NAF St.Joseph County Health**

Department, 1110 Hill Street Three Rivers, MI 49093

You may include a check or indicate payment in process in comment section:

Name: _____

Phone: _____

Organization _____ **Email** _____

Address: _____

Select Conference fee from above: _____ **Amount Enclosed** _____

I will be attending: Monday Conference YES I will attend the Art Therapy class Yes or No

I will attend Tuesday NAF meeting Yes or No

Comment, indicate any accommodations you may need:

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.

ART THERAPY

Art has been used as a means of communication, self-expression, group interaction, diagnosis, and conflict resolution throughout history. Research indicates art therapy can improve communication and concentration and can help reduce feelings of isolation. This type of therapy has also been shown to lead to increases in self-esteem, confidence, and self-awareness. It has been used to treat compassion fatigue with great results.

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 sequel. 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.

ART WITH DEBROAH WRIGHT

Debra is the owner and artist at Painting and Vine. While viewing an example painting, painters follow along as their instructor guides them, step-by-step and layer-by-layer as they create their own version of the artwork. You're sure to leave with a creation to be proud of. Its not only art – its art therapy!