



Handling Burnout, Compassion Fatigue and Vicarious Trauma in Healthcare - **Recorded Training Session**

Background

Healthcare staff in hospitals, home care, local health departments, emergency management and other healthcare facilities are facing many COVID-19 related stressors from lack of staffing to a higher level of the number of behavioral health cases. Lack of places to discharge and lack of staffing has made it even more difficult on medical staff. Typical coping techniques have been impacted by pandemic restrictions. Healthcare staff has been a part of the mass casualty event, making coping even more difficult. Workplace stressors and turnover are impacting productivity and retention, as well as workplace relationships. The impact on staff who remain at work is both personal and professional. This program will focus on a FABULOUS Framework: 8 Pillars of Resilience, to manage all of these work-related stressors. The 8 pillars are: 1. Flexibility, 2. Attitude, 3. Boundaries, 4. Understanding job satisfaction, 5. Laughter, 6. Optimism, 7. United, 8. Self-compassion. If you have experienced death related and non-death related loss during the pandemic, and trying to manage increased stress, this program is for you

Objectives

1. Recognize the effects of burnout and compassion fatigue.
2. Describe secondary traumatic stress and vicarious trauma.
3. Explain the impact of COVID-19 related death and response activities on the healthcare professional.
4. Choose 8 techniques that match one's strengths to build career resilience.

Target Audience

Hospitals, Local Health Departments, Emergency Managers, EMS, other healthcare entities.

Presenter:

Barbara Rubel, MA, BCETS, DAAETS

Barbara is a Board-Certified Expert in Traumatic Stress and Diplomate with the American Academy of Experts in Traumatic Stress. Barbara received a Bachelor of Science in psychology and a Master of Arts degree in community health, with a concentration in thanatology from Brooklyn College. Barbara is the author of several books including, the must-read book for clinicians, *But I Didn't Say Goodbye: Helping Families After a Suicide* (3rd ed.). (2020).

Questions Regarding NYSDOH Learning Management System (LMS)

Direct questions to edlearn@health.ny.gov or 518-473-4223 Ext 4.

Questions Regarding Training

Direct questions to Jen White, Capital District Regional Training Center— whitej4@amc.edu

Registration

To enroll in the training, please go to www.NYLearnsPH.com and either register or login to the LMS. Search Course Catalog for Handling Burnout, Compassion Fatigue and Vicarious Trauma in Healthcare - BP3, OR click this shortcut to the course enrollment page on the [LMS Recorded Session](#)