

# YOU'RE INVITED

## WHEN HELPING HURTS: UNDERSTANDING THE IMPACT OF COMPASSION FATIGUE Virtual Training

Sponsored by  
**South Pittsburgh Coalition for Peace**

You are invited to attend the *When Helping Hurts: Understanding the Impact of Secondary Traumatic Stress (STS)* virtual training, sponsored by the **South Pittsburgh Coalition for Peace**.

The training is an overview designed to bring awareness to the systematic impact of STS, offer a safe space for providers to learn strategies for self-care and healing in order to provide clients with a full well of compassion rejuvenation.

### By the end of the workshop, participants will learn to:

- Identify the signs and contributing factors to compassion satisfaction and secondary traumatic stress/compassion fatigue and (zoom) burn-out.
- Identify and implement the parallel process of healthy boundary setting and self-advocacy from staff to student, practitioner to client or caregiver to loved one.
  - Identify and implement strategies for managing themselves in highly emotional charged interactions with clients and/or loved ones.
- Evaluate and balance experiences as a helper and as a person, ensuring career does not alter their world view in a negative manner.
  - Incorporate Trauma informed practices (Cognitive Processing, Grounding, Deep Breathing/Relaxation and Mindfulness exercises) in their daily regimen.
    - Find renewal in their work.



**Date: Friday, March 18, 2022**

**Time: 1:00pm – 3:30pm**

**Location: Virtual**



### Who Should Attend?

Human service providers, trauma specialists, faith-based providers, law enforcement, first responders, healthcare providers, community-based organizations, case managers, outreach workers, violence prevention personnel, etc.

### Presenter:

Sharise Nance, LCSW, CCTP  
Therapist, Award Winning Author and Entrepreneur

Registration is required. Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZYpde2vqTgsHNLGUvZ4\\_rcRkWX1AbrCTXLp](https://us06web.zoom.us/meeting/register/tZYpde2vqTgsHNLGUvZ4_rcRkWX1AbrCTXLp)

After registering, you will receive a confirmation email containing information about joining the meeting.