

# Compassion Fatigue

## Surviving Your Career

### Four Locations in 2009

#### October 8, 2009

Holiday Inn St. Louis-Forest Park/Hampton  
5915 Wilson Ave.  
St. Louis, MO 63110

#### October 30, 2009

Drury Lodge  
104 South Vantage Drive  
Cape Girardeau, MO 63701

#### November 12, 2009

Adams Pointe Conference Center  
Courtyard Kansas City East/Blue Springs  
1500 North East Coronado Drive  
Blue Springs, MO 64014

#### December 4, 2009

Courtyard by Marriott - Columbia  
3301 LeMone Industrial Boulevard  
Columbia, MO 65201

### About the Presenters

#### **Nancy D. Spargo, AM, LCSW**

Executive Director/Co-Founder, St. Louis Center for Family Development, LLC

Ms. Spargo has spent the past 29 years working with abusive family systems. Trained as a Clinical Social Worker and Family Therapist, Ms. Spargo provided direct service to a variety of populations including immigrants and refugees, LGBT (lesbian, gay, bisexual, and transgendered), and homeless youth and adults until moving to St. Louis in 2003. Ms. Spargo's career is characterized by systems integration and program development for marginalized populations with a focus on trauma. She has worked within the child welfare, mental health, domestic violence, and substance abuse systems.

#### **Ryan R. Lindsay, MSW, LCSW**

Clinical Director/Co-Founder, St. Louis Center for Family Development, LLC

Mr. Lindsay has extensive experience working with individuals with emotion dysregulation disorders and the use of Dialectical Behavior Therapy, and has spent the bulk of his career utilizing mindfulness based treatments for the treatment of psychological and emotional distress. His past positions include co-founding the Ann Arbor DBT Center, team leader of a Multi-Family DBT Program for Adolescents, and work with chronically mentally ill populations.

### Rationale

#### *Feeling Burn-Out in Your Work with Others?*

“Compassion Fatigue: Surviving Your Career” is a workshop designed specifically to address the effects that difficult work with complex populations have on providers.

You will learn effective ways of recognizing symptoms of Compassion Fatigue, reducing your vulnerability to Compassion Fatigue, and how to treat Compassion Fatigue in yourself, those you supervise, or the organization you manage.

### Objectives

Upon completion of this program, participants will be able to:

- Define Compassion Fatigue and identify symptoms of Compassion Fatigue and secondary trauma.
- Identify risk and protection factors affiliated with Compassion Fatigue.
- Utilize a self-report inventory to assess levels of Compassion Fatigue.
- Design effective interventions to treat Compassion Fatigue in yourself or employees.

### Schedule

8:15 am	Check-in & Final Registration Continental Breakfast
8:40	Welcome and Introductions
8:45	Definition of Compassion Fatigue  Identifying the symptoms of Compassion Fatigue and Secondary Trauma.
9:15	Identification of risk and protective factors affiliated with Compassion Fatigue
10:15	Refreshment Break
10:30	Utilizing a self-report inventory to assess levels of Compassion Fatigue
11:00	Designing effective interventions to treat Compassion Fatigue in oneself or employees
12:00 Noon	Evaluation & Adjournment

# General Information

## Accreditations

### CEUs/Contact Hours

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. **The Missouri Institute of Mental Health will award 3 clock hours or 3.6 Contact Hours (.4 CEUs) for this activity.**

The MIMH credit will fulfill clinical Social Work and Psychologist licensure requirements in the State of Missouri. If your profession is not listed above or if you are from outside of Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

### Substance Abuse Professionals

**Missouri Substance Abuse Professional Credentialing Board has pre-approved this training for 3 contact hours.**

### Counselors

MIMH is a National Board for Certified Counselors (NBCC™) approved Continuing Education Provider (ACEP) and may offer NBCC approved clock hours for events that meet NBCC requirements. MIMH is solely responsible for all aspects of the program. **This program has been approved for 3 clock hours of continuing education credit.**

### Nursing Home Administrators

The Missouri Institute of Mental Health is a registered Training Agency with the Missouri Board of Nursing Home Administrators (TA-079-310). **This program qualifies participants for 3 Patient Care Hours.**

## General Questions

314-877-6419 or email: [feedback@mimhtraining.com](mailto:feedback@mimhtraining.com)

## Conference Location and Parking

Locations are on the front. There is complimentary parking at each. Directions will be mailed to you with your confirmation.

## Registration Fee – New Lower Price!

The registration fee is \$69.00, which includes instruction, handout material, appropriate continuing education credit and continental breakfast. A written confirmation will be sent to you once your registration has been processed. If you do not hear from us within 10 days, please call us at 314-877-6419.

## Cancellation/Substitution

Cancellations received in writing and postmarked at least five business days prior to the date of the program will be refunded, less a \$25 processing fee. No cancellations after that date. Substitutions are allowed by notifying us in writing. Registrants who do not attend and have not cancelled in writing by the deadline will be billed for the full registration fee.

## Register Several Ways

- *Mail registration form with payment to:* Missouri Institute of Mental Health, 5400 Arsenal, St. Louis, MO 63139
- Or FAX registration form along with purchase order to: 314-877-6428
- Or online: [www.mimhtraining.com](http://www.mimhtraining.com)



Missouri Institute of Mental Health  
5400 Arsenal  
St. Louis, MO 63139

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**REGISTRATION FORM** #10005

### Compassion Fatigue: Surviving Your Career

Registration Fee: \$69.00

Register me for the following location: *(check one)*

- October 8, St. Louis     October 30, Cape Girardeau     November 12, Kansas City     December 4, Columbia

Name*	
Home Address*	Employer
City*	Work Address
State*                      Zip*	City
Daytime Phone	State                      Zip
E-Mail Address	Profession                      Degree

\*Required for Continuing Education Credit

#### Payment:

- Visa     MasterCard

Credit Card # \_\_\_\_\_

Expires \_\_\_\_\_ Signature \_\_\_\_\_

Name on Card \_\_\_\_\_

- Bill my employer (P.O. enclosed)     Check enclosed

#### Make Payable to:

**Missouri Institute of Mental Health**

Mail to: Missouri Institute of Mental Health

5400 Arsenal

St. Louis, MO 63139

Or fax registration: 314-877-6428

Or register online at: [www.mimhtraining.com](http://www.mimhtraining.com)