



Burnout and Secondary Trauma



Presented by:


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ABOUT SHEVANDER

- ✦ Shevander Dykes is the Founder and Director of Surviving Transitions, LLC. She is a Licensed Professional Counselor (LPC) in the state of Georgia and a National Certified Counselor (NCC) through the National Board of Certified Counselors (NBCC).
- ✦ Additionally, Shevander is a Certified Clinical Trauma Professional (CCTP), Master Addiction Counselor (MAC) and Certified Anger Management Specialist (CAMS).
- ✦ She earned an undergraduate degree in Management from National-Louis University, and graduate degree in Community Counseling from Argosy University (formerly known as Georgia Professional School of Psychology).
- ✦ Shevander previously served as a Clinical Director for CORE agencies, lead therapist, case manager, and community support staff before opening a private practice and working collaboratively with Ms. Heather Conyers of Healing Hearts Counseling Center in Douglasville. Also, she has worked in both outpatient and inpatient settings.



TODAY'S OBJECTIVES

- ✦ Recognize the importance of self-care.
- ✦ Identify burnout and secondary and vicarious trauma.
- ✦ Explore the differences between burnout and secondary and vicarious trauma.
- ✦ Discuss ways to effectively identify signs and symptoms of both burnout, and secondary and vicarious trauma as well as available resources for professionals.
- ✦ Review Maslow's Hierarchy of Needs.
- ✦ Review and complete the Burnout Inventory with each participant to increase awareness and develop a realistic Wellness Plan.
- ✦ Review Maslach Burnout Inventory and Beck's Depression Inventory.
- ✦ Define compassion fatigue and determine if it is linked to burnout and secondary and vicarious trauma. What are the odds?
- ✦ Teach participants three key strategies to increase self-care among helping professionals to reduce or eliminate burn out.
- ✦ The art of mindfulness.
- ✦ Brief overview.



THE IMPORTANCE OF SELF-CARE

SICK

ANXIETY

TIME MGMT

GOT WORK OVERLOAD?

COUNSELING HELP

THE COUNSELOR IS IN INDICATED

SYMPTOMS OF BURNOUT

MISSING: MOTIVATION
REWARD IF FOUND

FRUSTRATION AHEAD

ANGER


WARNING: BURNOUT AHEAD
Proceed With Caution

ACTIVITY/EXERCISE



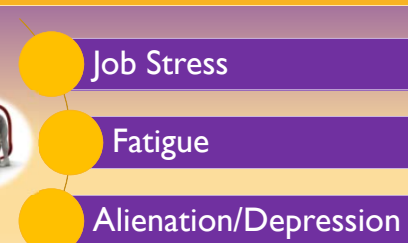
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BURNOUT



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TIP TO HELP REDUCE BURNOUT PREVENTION



Check out this video!



SYMPTOMS OF SECONDARY TRAUMA



SYMPTOMS OF VICARIOUS TRAUMA



SELF-CARE RULES!

Say **NO** to Burnout!

KEEP CALM AND PRACTICE SELF-CARE



HOW DO YOU MANAGE NEGATIVE THOUGHTS?




Image courtesy of Kathy Osborn
Adapted from Lesley Alderman, The Year of Conquering Negative Thinking

ACTIVITY/EXERCISE



BECK DEPRESSION INVENTORY

Page 4

Beck Depression Inventory
 Name: _____ Date: _____ Page 40
 Week 2

Beck Depression Assessment Questions

1. How good do you feel about your life in general, but not about the future?
 (0) = Not at all
 (1) = A little
 (2) = A fair amount
 (3) = A great deal

2. How good do you feel about your other life aspects, such as family?
 (0) = Not at all
 (1) = A little
 (2) = A fair amount
 (3) = A great deal

3. How good do you feel about your work or school or other activities?
 (0) = Not at all
 (1) = A little
 (2) = A fair amount
 (3) = A great deal

4. How good do you feel about your health (including feeling tired)?
 (0) = Not at all
 (1) = A little
 (2) = A fair amount
 (3) = A great deal

How many 0's or 1's in these 4 questions? (Number 0's plus number 1's in your answers)
 (0) = 0
 (1) = 1
 (2) = 2
 (3) = 3
 (4) = 4
 (5) = 5
 (6) = 6
 (7) = 7
 (8) = 8
 (9) = 9
 (10) = 10
 (11) = 11
 (12) = 12
 (13) = 13
 (14) = 14
 (15) = 15
 (16) = 16
 (17) = 17
 (18) = 18
 (19) = 19
 (20) = 20

MINDFULNESS PRACTICES

Mindfulness helps train and refine the mind and body to become more stable and insightful to increase optimal functioning.

- Reduce Toxic Stress & Anxiety
- Improve Physical Health
- Improve Self-Management
- Increase Cognitive Flexibility
- Improve Working Memory & Attention/Focus
- Improve Empathy & Compassion for Others

MINDFULNESS PRACTICES

Mindfulness helps train and refine the mind and body to become more stable and insightful to increase optimal functioning.

Check out this video!

ACTIVITY/EXERCISE

Mindfulness Bell Activity

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WRAP-UP

- Symptoms of burnout
- Symptoms of trauma
- Strategies to reduce stress & burnout
- Strategies to reduce trauma
- Recognizing your needs
- Understanding self-care

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THANK YOU FOR BEING A CAPTIVE OF STRESS

KEEP CALM AND STRESS LESS

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