

**The Minnesota Psychological Association cosponsors Friday Forums
with Metropolitan State University Psychology Department**

FIRST FRIDAY FORUM

Friday, May 5, 2017

Someone Else's Blues: Secondary Traumatic Stress and Strategies for Professional Well-Being

Alan O'Malley-Laursen, MSW, LICSW

Registration: 8:30 – 9:00 a.m.
Program: 9:00 a.m. – 12:00 p.m.

Location: Metropolitan State University
St. Paul Campus Auditorium
700 East Seventh St., St. Paul, MN 55106

About the Program:

This program qualifies for 3.0 continuing education credits.

Work in the human services/mental health system entails constant exposure to children, adults and families who are experiencing and expressing great pain. Secondary Traumatic Stress/Compassion Fatigue is the emotional, physical and personal response to the cumulative experience of empathic engagement with the trauma and suffering described by patients. It is the "emotional cost of caring," an occupational hazard of the work that we do. This program will explore STS/Compassion Fatigue and describe various strategies for addressing such on individual and systemic levels. Topics covered will include: 1) definition of the problem, 2) signs, symptoms and manifestations of secondary stress, 3) risk and protective factors, 4) self-care, 5) Compassion Satisfaction, 6) individual strategies, 7) role of supervision and organizational structure, 8) specific supervisory and organizational strategies and 9) sustainability of efforts.

Participants will be able to:

1. Describe signs and symptoms of STS/Compassion Fatigue in their own practice.
2. Discuss the reduction of personal risk factors as well as personal protective factors related to STS/CF.

3. Describe new strategies for professional self-care.
4. List systemic strategies for mediating STS/Compassion Fatigue.
5. Analyze individual and systemic strategies for enhancing Compassion Satisfaction.

About the Presenter:

Alan O'Malley Laursen, MSW, LICSW, brings over 35 years of experience in human services as a social worker, clinician, supervisor, clinical consultant, program developer and administrator. Certified as a Compassion Fatigue Educator/Therapist, he is Program Manager of the Youth Behavioral Health Program with Olmsted County Community Services in Rochester, Minnesota. In addition to his work in regards to trauma informed child welfare practices (with particular emphasis on secondary traumatic stress/compassion fatigue), much of his current professional focus includes sexually exploited youth and child welfare – juvenile justice crossover work. He received his Master of Social Work from the University of Minnesota, Minneapolis in 1983.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.

MPA First Friday Forum • May 5, 2017

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: ☐ Home ☐ Work

E-mail: _____

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If you register **by** April 21, select the **Early Bird Registration** Fee: ☐ MPA member: **\$45** ☐ Non-member: **\$65** ☐ Student: **\$15**

If you register **after** April 21, select the **Regular Registration** Fee: ☐ MPA member: **\$55** ☐ Non-member: **\$75** ☐ Student: **\$25**

Total Amount Enclosed: \$ _____

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or Register online @ www.mnpsych.org

Return To:

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LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

