

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

FRIDAY FORUM ENCORE

Friday, May 14, 2021

Therapist Recovery and Prevention from Burnout, Compassion Fatigue and Moral Injury

Nate Page, Ph.D., LP

Program:

9:00 a.m. – 12:00 p.m.

This session is at the intermediate level and is designed for psychologists and other mental health professionals.

Location:

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

About the Program:

This program qualifies for 3.0 continuing education credits.

This session is designed for individuals wanting to better understand their own current experiences of burnout, compassion fatigue, and/or moral injury as well as their risks for the future. We will pay particular attention to identifying your individual responsibility (for these injuries of burnout and compassion fatigue) while also appropriately assigning responsibilities to larger systemic forces that might be beyond your control. Participants will have the opportunity to complete and interpret burnout and compassion fatigue self-assessments plus a perfectionism self assessment, learn a model of burnout, and also explore prevention strategies and recovery interventions for therapists. Through the use of polling, Q and A, and a chat feature you will be encouraged to share your personal journeys with burnout, compassion fatigue and or moral injury. A significant portion of the learning from this session will come through the practice of re-telling your story within the context of the presented data and also the stories of other participants.

Participants will be able to:

1. Recognize your own symptoms of burnout, compassion fatigue and/or moral injury (and compare to symptoms of other participants that are willing to share).
2. List the five stages of a burnout model.
3. Practice contextualizing your individual responsibility for burnout within larger systemic factors that might be beyond your control.
4. Describe at least two of the unique challenges BIPOC clinicians in the US face with burnout and compassion fatigue.
5. Strategize personal prevention strategies and recovery interventions according to your life and work contexts.

About the Presenter:

Nate Page, Ph.D., LP, CGP, received his Ph.D. in Counseling Psychology from Brigham Young University, and recently transitioned from college mental health into full-time private practice in Northfield. He specializes in group therapy, and facilitates three different long-term training groups for therapists that want to engage in process-oriented group work. Burnout and compassion fatigue are central themes that we address in these groups.

The speaker has indicated no conflicts of interest.

PLEASE NOTE: *You must attend the full 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.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

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. No refund or transfer is given the day of the program.



MPA Friday Encore • May 14, 2021

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

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Phone: _____ Please check: Home Work Fax: _____

Registration is available until the event begins. Fee: MPA member: **\$60** Non-member: **\$95** Student: **\$15**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

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