

SURVIVING COMPASSION FATIGUE - THROUGH AN ACES AWARE LENS

Traumatic stress is inherent in our work as Providers and is significantly compounded by the multiple issues resulting from COVID-19. This current crisis has escalated Compassion Fatigue AKA Secondary and Vicarious Trauma, burnout, frustration, empathetic strain and emotional exhaustion. Through funding provided by the ACEs Aware Initiative, Beverly Kyer is providing training on mitigating Compassion Fatigue to build emotional and mental resilience so Providers can attend to their own well-being and continue providing critical services.

We're honored to be a part of the work that ACEs Aware is doing to expand awareness of Adverse Childhood Experiences (ACEs) and toxic stress in California and the use of trauma-informed care. There has never been a more critical time and need to inform providers about ACEs and the benefits of administering the ACEs tool with their patients. Combining these two bodies of science can greatly promote wellness for patients and providers alike.

Learning outcomes include:

- Understanding how screening and providing services to individuals with high ACEs scores may impact the provider.
- Understanding the role of stress in relation to anger, emotions, and behavior, and how that can impact providers personally and professionally.

- Identifying multiple causes and triggers of compassion fatigue and burnout, including personal and professional trauma from the COVID-19 pandemic.
- Utilizing strategies for inner regulation in the face of overwhelming and emotionally intense demands.
- Articulating and utilizing strategies for accelerated recovery and self-regulation.

ABOUT BEVERLY KYER

Beverly is a Speaker, Educator, Consultant, Certified Compassion Fatigue Specialist and Author who has devoted 16 years to training Human Service Providers and Family Caregivers; helping them employ self-care recovery and neuro-physiological regulation strategies. By understanding the risk factors and prioritizing techniques, they can re-bounce and remain effective and available to help those impacted by traumatic life experiences and At-Risk populations.



Beverly has served as the Assistant Chief of Social Work Services in Bronx N.Y. Veteran's Administration Medical Center. She has served several years working with Veterans and military families, children and families in foster care and juvenile justice systems, and those receiving medical and psychiatric care. Roles in her career include: Therapist, Social Worker, Social Worker Supervisor, Grief & Loss and Trauma Informed Educator Coach, Group facilitator and Consultant

Beverly's training and coaching provides engaging, applicable and practical tools for sustainability and wellness.