

Beyond Self-Care & Work-Life Balance: Secondary Trauma, Compassion Fatigue, Burnout ~ Helping Professionals Support & Skills Coaching Group ~



- ~ Share your experiences, stories, challenges and successes with others who also work, study or volunteer in the helping professions.
- ~ Assess your own levels of stress, burnout, compassion fatigue, moral injury and vicarious trauma. Improve your resiliency, and personal and professional selfcare.
- ~ Gain information, skills, coaching and support towards sustainable life, work, health and wellness balance.

For adults who work, study or volunteer in mental health, community service, medical, social justice, educational and related fields

**Anti-racist, Queer-affirming, Sex-positive
Socially-Conscious Space**

Issues commonly addressed:

- Understand the differences between stress, burnout (BO), compassion fatigue (CF), vicarious trauma (VT) and secondary trauma (ST) and moral injury (MI)
- Assess your symptoms of stress, BO, CF, ST, MI and VT
- Identify your recovery and healing needs from the secondary trauma, vicarious trauma and compassion fatigue that you have endured
- Identify what factors contribute to your health and wellness
- Sustainable self-care and life-work-YOU balance in this political and social climate
- Helping others with trauma when we have experienced similar traumas
- Impact of our personal trauma history and systematic oppression fatigue when working with others' trauma
- Managing our grief, loss, rage, cynicism, hopelessness
- How our brain and body responds to stress and threat - in the moment, over time, and multi-generationally
- Boundaries, personal advocacy, assertiveness skills
- Personal empowerment and self-confidence vs. second-guessing and self-doubt
- Perfectionism, "imposter syndrome," worry, overwhelm and anxiety
- How "savior complex" or a "fix-it" attitude increases burnout and challenges our professional ethics
- Clarify personal, life and work goals
- How do issues of privilege, equity, justice and intersectional feminism and toxic masculinity impact you and your work
- Joy, gratitude and positivity as personal strength-builder

Meeting time: The next Burnout & Compassion Fatigue Coaching & Support Group will start Summer 2019 | Date / time to be determined. Likely on Monday or Friday later afternoons.

Format: Group includes a mix of discussion, mini-lecture, sharing, skill-building, strategizing, assessments, handouts, videos, worksheets, resources, and homework. This is not a drop-in group. Up to 6 members | Confidential

Structure & Fee: Two group types offered in rotation: #1: group meets bi-weekly 5 times for 120-minutes (2 hours) each @ \$100/meeting (\$500 total) OR #2: group meets weekly 10 times for 75-minutes (1.25 hours) each @ \$52/meeting (\$520 total). Out-of-pocket pay. The 30-minute intake appointment is free. Some sliding fee slots are available.

If you are interested, next steps: A phone or in-person intake appointment is required to ensure that the group will meet the needs of the prospective group member and visa-versa. Email irene@irenegreene.com to schedule the free 30-minute phone or in-person intake appointment.

About Irene Greene: Irene Greene MSed has 29+ years as a psychotherapist, positive psychology holistic wellness educator, relationship coach and group facilitator. She is the Chair of the MN LGBTQ+ Therapists Network, a psychological first-aid street medic trainer and has certification trainings in conflict resolution, compassion fatigue and trauma. Irene was the first director of the University of MN's Sexual Violence Program (now Aroua), worked in the State of MN's Crime Victim Unit, served as Chair of the MN Coalition Against Sexual Assault and on the board of MN Women in Psychology. Irene currently facilitates three support and skills coaching groups: a sexual abuse survivor group, a group for executive directors of non-profits, and a burnout and compassion fatigue group for helping and medical professionals. *Irene's groups and trainings incorporate a fundamental cognizance for how the layers of cultural and systematic oppression and trauma shape personal, inter-personal, inter-generational, professional and community health and well-being and a conscious dedication towards an anti-racist, just, safe and inclusive social consciousness.*