



Irene M Greene MSED

Greene Growth & Training

Enhancing Personal, Relational, Professional & Community Change for the Socially Conscious

The Well: Healing Arts Center

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Working with issues related to **trauma, struggle, pain, suffering, oppression or inequity** can take a serious toll on individual workers and their workplace environment.

This toll can include worker **stress, burnout, vicarious trauma, and compassion and empathy fatigue.**

Additionally, when this pain and suffering is caused by other humans and systemic oppression and injustice – workers are prone to **moral injury and trauma grief.** When these same workers are dealing with their own trauma and oppression, workplace dynamics can become unkind, unproductive and unhealthy. – Irene Greene MSED

Promoting personal, professional and community self-care and wellness: I offer *trauma-informed care and healing centered engagement* trainings for mental health, social service and medical providers, educators, non-profit agencies and community groups. I work with each organization to custom-design a workshop that meets their needs.

Examples of recent & upcoming trainings: Regions Hospital, St. Paul, MN; Anatomy Bequest Program, University of Minnesota; MN LGBTQ+ Therapists' Network; Headway Emotional Health Services; University of Minnesota Advising Program: Office of Undergraduate Education; Telling Queer History, Twin Cities; BECAUSE Conference, St. Paul; Way to Grow, Touchstone Mental Health, TakeAction MN, OutFront MN, Aliveness Project.

Fees: Training fees vary and depend on the type, location, number of participants and length of the presentation. I prefer to do presentations that are a minimum of two hours long. A two-hour presentation for 20-30 people is typically \$3200. The fee can be reduced/bundled when scheduling for longer or more than one training or with the addition of workplace wellness consultation and program evaluation. Travel, flight, hotel fees and copies are added onto the training fee. I offer a reduced rate to local grass-roots groups that work on the front lines of social justice, violence and oppression issues and do not have the necessary training funds in their budget. **CEUs:** Depending on the number of hours and criteria of particular licensing boards, participants may be able to receive 1 CEU per every hour of training.

Possible training and workshop titles:

- "Minimizing Burnout, Vicarious Trauma and Compassion Fatigue for Socially Conscious Mental Health Professionals: Improving Workplace Wellness & Self-Care"
- "When Our Personal Trauma and Oppression Becomes Professional: Managing Worker and Workplace Dynamics When the Nature of the Work is Trauma-Based"
- "Vicarious Trauma, Compassion Fatigue, Burnout and Moral Injury: Going Beyond Self-Care"
- "Healing Moral Injury & Compassion Fatigue"
- "Moving Trauma-Informed Care into Healing Centered Engagement"
- "Critical Incident Stress Responses: First-Aid for PTSD & Trauma Grief Symptoms"
- "Burnout, Stress, Compassion & Oppression Fatigue: Self-Care and Wellness for LGBTQ+ Helping Professionals"
- "Political Trauma Stress & Radical Self-Care for Social Justice Workers: Turn Overwhelm and Exhaustion into Resiliency and Resistance"

Workshop content options:

- The differences between personal self-care and professional self-care
- Identify the workplace stressors and strategize realistic solutions
- How and why working with trauma and oppression increases burnout and vicarious trauma
- Definitions, causes, signs and remedies of stress, burnout, vicarious trauma, trauma grief, moral injury, and empathy and compassion fatigue
- Brain science behind how stress really impacts us physically, emotionally, and psychologically
- How not to get "stressed out" by the stressors in our work and personal life
- Identify our default reactions to stress (e.g., Fight, Flight, Flee, Fawn, Fawn)
- How "savior complex" contributes to burnout
- Personal assessments of our workplace burnout, vicarious trauma, moral injury, empathy and compassion fatigue
- How workplaces foster worker burnout and compassion fatigue and how they can do better
- Increase resiliency and sustainable self-care and wellness
- How to get past the block that self-care is selfish
- The role of self-compassion in effective self-care
- Create a personal and professional self-care and wellness plan (designed specifically for your workers)
- Impact of Political Trauma Stress Anxiety (PTSA) on ourselves and those we serve
- Professionally managing one's own oppression and trauma experiences in the context of working with oppression and trauma

About Irene Greene

Irene Greene MSED has 32+ years as a psychotherapist, positive psychology wellness coach and educator. 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 groups: a sexual abuse survivor group, a group for Twin Cities executive directors of non-profits, and a burnout and compassion fatigue group for helpers. Irene lives and works in Minneapolis. *Irene adheres to a fundamental cognizance for how the layers of cultural and systematic oppression and trauma shape personal, inter-personal, inter-generational and community health and well-being.*