



Irene M Greene MSED

Greene Growth & Training LLC

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

The Well: Healing Arts Center

2100 1st Avenue South | Minneapolis, MN | 55404 | 612.874.6442

irenegreene.com | irene@irenegreene.com

General Information for Self-Care and Compassion Fatigue Trainings

Examples of training and workshop titles:

- *Sustainable Professional and Personal Self-Care: It's Much More Than Baths & Chocolates*
- *We Are Humans First: Stress and Secondary Trauma Starts Before Our Workday as Helping Professionals Begins: A Holistic Understanding of Workplace Burnout and Compassion Fatigue*
- *When Our Personal Trauma and Oppression Fatigue Come to Work: Increasing Our Professional Self-Care and Workplace Dynamics to Reduce Burnout, Political Trauma Stress, Secondary Trauma and Moral Injury*
- *Minimizing Burnout, Vicarious Trauma and Compassion Fatigue for Socially Conscious Helping Professionals: Improving Workplace Wellness, Self-Care and Resiliency*
- *Critical Incident Stress Responses: First Aid and Debriefing for PTSD & Trauma Grief Symptoms*
- *How Not to Let Stress Become a Mental Health Issue - Personally and Professionally: Definitions, Symptoms and Strategies*
- *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*
- *Moral Injury: When the Work that We Are Doing is Incongruent with Our Values and Ethics*

Custom-designed trainings: I offer trainings for mental health, social service and medical providers, educators, non-profit agencies and social justice organizers and community groups. I will work with your organization to custom design a workshop that meets the particular needs of your staff and organization.

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

Fees: Training fees depend on the format, location, number of participants and length of the presentation. I typically do not provide trainings that are less than one hour. Travel, flight, hotel fees and related expenses, and copies, plus a travel time and content development fee are added onto the training fee. If needed, I offer a reduced rate or free to local grass-roots groups that work on the front lines of social justice, violence and oppression issues. **CEUs:** Depending on the number of hours and criteria of your particular licensing board and state, participants may be able to receive 1 CEU (Community Education Credit) per every hour of training.

Workshop content options:

- **Definitions, causes, signs and remedies** for stress, overwhelm, burnout, vicarious trauma, trauma grief, moral injury, and empathy and compassion fatigue
- Personal socially conscious **assessments** of your stress, resiliency, and burnout factors and symptoms
- Signs that your **workplace** may be perpetuating stress, burnout and compassion fatigue and how they can better support their staff
- Identify your **current symptoms** of burnout, vicarious trauma, moral injury, empathy and compassion fatigue
- How your **"savior complex"** and **"fix-it mode"** may contribute to burnout and jeopardize your ethics
- Discerning your healthy and unhealthy **responses** to stress
- **Signs** that stress has become a mental health issue
- **Brain science** behind how stress impacts us physically, emotionally, and psychologically
- How not to get **"stressed out"** by the stressors in your work and personal life
- Identify our default **reactions to stress** (e.g., Fight, Flight, Flee, Fawn) and ways to increase the Face response
- **Holistic, somatic and mindfulness strategies** to increase stress management, resiliency and sustainable self-care and wellness
- How to get past the **blocks** to making healthier choices
- The role of **self-compassion** in sustainable self-care
- Impact of **Political Trauma Stress Anxiety** (PTSA) on ourselves and those we serve
- Explore the toll of **moral injury** as it relates to working with trauma and suffering that is caused by ineffective systems, systematic oppression, abuse, and injustice
- Effective ways for your workplace to contribute to a health and **wellness work culture**
- **Concrete and sustainable strategies to reduce stress**
- **Create a personal and professional self-care and wellness plan**

About Irene Greene: Irene Greene MSED has 29+ years as a psychotherapist, positive psychology holistic wellness educator and coach, 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 at the State of MN's Crime Victim Services Department, served as Chair of the MN Coalition Against Sexual Assault Services 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 LGBTQ+ executive directors of non-profits, and a burnout and compassion fatigue coaching support group for helping and medical professionals. *Irene's workshops incorporate a fundamental context 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.*