



FINDING BALANCE, BEING RESILIENT:

UNDERSTANDING THE CRITICAL ROLE OF STRESS IN TRAUMA-EXPOSED WORKPLACES

An intensive 3-hour online course with Dr. Patricia Fisher, R.Psych., L.Psych

This 3-hour research-based, intensive program is designed for staff and managers who work in areas where the risk for stress, burnout and exposure to direct and vicarious trauma is high. This online program uses recorded video and interactive tools to help you to gain a clearer understanding of the unique set of pressures and growth opportunities in trauma-exposed work.

You will apply the information to your own experience using the questionnaires, reflective exercises and self-assessment tools. The program will guide you in designing an informed personal wellness plan that supports your resiliency and helps you live in balance.

This unique program provides an important resource for those working in trauma-exposed occupations such as Health Care, Social and Human Services, Corrections, Enforcement, Emergency Responders, Military, Education, Legal and Judicial Services, etc. The program is equally valuable for volunteers and caregivers who work in high stress circumstances.

Table of Contents

Using an accessible and highly interactive format, this 8-unit program takes you on a journey through:

- **Unit 1:** What is trauma-exposed work?
- **Unit 2:** What are the unique properties of trauma-exposed work? Introducing the Complex Stress Model.
- **Unit 3:** What are the system-based resiliency and risk factors in your workplace?
- **Unit 4:** What are the trauma-exposure resiliency and risk factors in your workplace?
- **Unit 5:** What are the effects of Complex Stress on Individuals?
- **Unit 6:** What are the effects of Complex Stress on your organization?
- **Unit 7:** The critical importance of self-care: How well are you taking care of yourself and supporting your resiliency?
- **Unit 8:** Making practical plans for your own self-care.

How it Works

Once you have purchased the course, you will receive an encrypted link to register on our Learning Management Portal. After you have registered you can access your course from multiple platforms (computer, tablet, smart phone) using your ID and password. After completing the program, you will be able to print out a Certificate of Completion. You will have full access to your copy of the course for 1 year after the date of purchase. If you wish to extend your access, there will be a nominal annual fee.

