

**June 15-19 &
22-26, 2020**

6:00-7:30 PM MDT



V I T A L H E A R T S®
THE RESILIENCY TRAINING INITIATIVE

A 10 Day Online Course

Please note there
will be a home assignment
over the weekend of
June 20 & 21

Saves Careers • Revitalizes Care-Providers • Restores Mission Passion • Increases Retention

Exposure to the traumas of those you serve, multiplied case after case, has the likely effect of traumatizing care-providers. Secondary or Vicarious Trauma can profoundly impact professional's emotional depletion, depression and anxiety, a sense of isolation or helplessness, anger, irritability, and cynicism. Without a healing response, the outcome is frequently Compassion Fatigue and abandonment of careers. These are not problems which overtake less competent care providers. It is, ironically, those with the greatest capacity for feeling and expressing empathy who are most at risk for secondary trauma. *The healers need healing.*

The original, proven-effective, & complete

Secondary Trauma Resiliency Training®: A 10 Day Online Course

A comprehensive approach to Compassion Fatigue:

- 10 Online Training Sessions
- Enough time to really get it!
- Valuable Self-Support Tools
- Empathy vs. Compassion
- Acknowledging Multiple Motivations
- Letting Go of Attachment to Outcome
- Protect against the "Armoring of the Heart"
- Increase Professional Effectiveness
- Find Greater Job Satisfaction
- Start applying techniques during course
- Powerful & Experiential
- Lightness & fun, too!

If You Work In...

- High morbidity medical services-ICUs, ERs, oncology, neurotrauma, hospice, COVID-19 Care
- Victim services - child abuse, sexual violence prevention/counseling, domestic violence, victim assistance units
- Mental health agencies
- Public Health nursing / at risk mothers & infants programs
- Substance abuse treatment
- Homelessness/poverty

...this training is for you.

"I wish everyone in my agency, actually I wish everyone in my field, could have the opportunity to attend." -previous participant

One-time introductory offer for the online course \$315! (Regular price \$515)

SCHOLARSHIPS MAY BE AVAILABLE

In some cases partial scholarships may be available. This continuing nursing education activity was approved by **Colorado Nurses Association**, an accredited approver by the American Nurses Credentialing Center's commission on Accreditation. This training has also been approved by the **National Association of Social Workers Colorado Chapter** for **24 hours of CEUs**.

Your Trainers

Henry Tobey, Ph.D.

Executive Director, VitalHearts • Has led Secondary Trauma Resiliency Training 127 times for over 2700 professionals • Trauma psychologist, 30 plus years experience • Psychotherapy practice: Colorado Psychological Resources • Earlier in his career, police psychologist, forensic psychologist, hospital administrator

Zina Mercil, MA, LPC, R-DMT

Body-Based Trauma-Informed Therapist • Prev. Counselor and Registered Dance/Movement Therapist at The Exclusive Addiction Treatment Center in Hawaii • Specializes in secondary trauma, burnout and self-care for professionals, particularly in the treatment of trauma, mental illness, and addiction

Register Online: www.VitalHearts.org • 303.987.3000 • Lisa.Bernal@VitalHearts.org