



Course: overcoming compassion fatigue as mental health professionals

Address: <https://asadis.net/en/course/compassion-fatigue/>

Duration: 1h30

Type of course: Continuing education

Location: Online course

Individual price: \$72.00

Overview:

Secondary trauma exposure significantly impacts clinical effectiveness, yet traditional self-care approaches often fall short in addressing the neurophysiological demands of therapeutic work. This advanced training integrates Polyvagal Theory with clinical practice to address compassion fatigue at its core.

Led by renowned Dr. Patti Ashley, this training strengthens your ability to maintain therapeutic presence while protecting your own nervous system. Drawing on the principles of Polyvagal Theory, you'll integrate evidence-based strategies for co-regulation, therapeutic empathy, and nervous system regulation into your clinical practice.

Key components include:

- Implementing precise neurophysiological strategies to maintain regulated states during challenging clinical encounters-
- Strengthening your capacity to recognize and address early signs of autonomic dysregulation-
- Integrating right-brain psychotherapy techniques to enhance therapeutic effectiveness-
- Developing personalized protocols for maintaining clinical presence during intense emotional engagement

This training transforms theoretical understanding into practical clinical tools, enabling you to maintain therapeutic effectiveness while protecting your capacity for sustained empathic engagement. The skills acquired directly enhance clinical outcomes while preventing professional depletion.

Learning objectives:

1. Analyze the impact of global stressors on the nervous system
2. Co-regulate with clients using therapeutic empathy in clinical settings
3. Practice tools and techniques to manage stress
4. Implement self-care practices that calm the nervous system

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert

Dr. Patti Ashley, PhD, LPC, brings 40 years of clinical expertise in trauma, shame, and family systems to her work as a psychotherapist, author, and international presenter. As founder of Authenticity Architects in Boulder, Colorado, she has developed innovative approaches to treating core shame and trauma through the integration of neuroscience, attachment theory, and developmental psychology. Her research and clinical work focus on the intersection of shame, trauma, and family dynamics, leading to pioneering contributions in shame-informed therapy. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, complemented by degrees in early childhood development and special education. A respected author in the field, her publications include "Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self" (2020), establishing foundational frameworks for addressing shame in clinical practice. Her integration of developmental perspectives with trauma treatment has influenced therapeutic approaches internationally.

Syllabus

PowerPoint

Understanding the Mental Health Crisis and Therapeutic Foundations

Introduction

Today's mental health crisis

Polyvagal theory and the ANS

Four therapeutic R s

Right brain psychotherapy

Strategies for Resilience and Compassion in Mental Health Practice

Strategies of disconnection and defense against shame

Therapeutic empathy-four skills at once

Tools to tame stress part 1

Tools to tame stress part 2

Healing your heart

Meditation practice

Conclusion

Bibliography

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. From the moment the training begins, you will have 4 months to complete it.

Questions? Feel free to contact us at *contact@asadis.net*