



## **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** is a renowned psychologist and trauma specialist with over 40 years of clinical experience treating complex trauma and narcissistic abuse. As founder of Authenticity Architects, she pioneered innovative approaches integrating neuroscience, attachment theory, and developmental psychology.

Her groundbreaking work on shame-informed therapy has transformed treatment protocols for survivors of narcissistic abuse. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, with additional specialization in developmental psychology and trauma treatment.

A respected researcher and author, she wrote the influential text *"Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self"* (2020). Dr. Ashley regularly conducts advanced clinical trainings internationally, helping practitioners develop expertise in trauma-informed, attachment-based approaches to healing.

Her integrative treatment model combines:

- Neurobiological trauma processing
- Attachment-based interventions
- Somatic regulation techniques
- Identity reconstruction protocols
- Shame-informed therapeutic strategies

### **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

**Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)