

Focus Fridays Training Series

Virtual training opportunity for the helping professional to reset, reflect, draw awareness and grow in your role as a compassionate provider.

Register individually for \$10 per session

Beyond Self Care: A Revolutionary Approach for Preventing Burnout

November 11, 2022, 8:30am -10:30am

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Holding on With Letting Go: Navigating Grief and Loss in Our Work

November 18, 2022, 8:30am-10:30am

Virtual Learning via Zoom

4.0 Continuing Education Hours

Trainer: Leah Harris, MA (they, she)

Course Description for *Beyond Self Care: A Revolutionary Approach for Preventing Burnout:*

Self-care is essential if we are to truly center the people we support. But self-care is not, in and of itself, enough to prevent burnout. Leah will introduce an alternative approach to worker burnout and vicarious trauma, using a social-justice framework developed by social worker Vikki Reynolds and her peer-led team. Using a combination of video, discussion, and reflective exercises, this training explores the vital importance of collective care and solidarity to nourish our hope, keep us aligned with our ethics, and nurture sustainability across the lifespan.

Learning Objectives:

1. Discuss the function of self-care as it relates to burnout.
2. Describe the limitations of self-care in preventing burnout.
3. Name concrete strategies for collective care.

Course Description for *Holding on With Letting Go: Navigating Grief and Loss in Our Work:*

We are personally and collectively facing loss on a magnitude beyond precedent. In this interactive workshop, Leah will introduce ideas around grief, loss, and burnout drawn from the social-justice inspired framework of Vikki Reynolds and her peer-led team. We'll look at why discerning between tragic death and dignified death is so important to our sustainability in these times. And we'll explore the "Holding on with Letting Go" process, a meaningful way of metabolizing the losses we face in our lives and work.

Learning Objectives:

1. Differentiate between tragic death and death with dignity;
2. Discuss how grief, loss, and burnout are connected;
3. Describe what it means to "hold on with letting go" in our work.

About your Trainer:



Leah Harris, M.A. (they/she) is a neurodivergent writer, facilitator, and advocate. For the last twenty years, they have worked to help shift how we understand and respond to mental health crisis and suicide from a trauma-informed, harm-reduction, and disability justice lens. Leah has served on the National Suicide Prevention Lifeline's Lived Experience Subcommittee and on Virginia's statewide 988 planning council. Leah's writing has been published in the Disability Visibility Project, *Rooted in Rights*, *Mad in America*, and in the anthology *We've Been too Patient: Voices from Radical Mental Health*. They live on Manahoac Lands, aka Northern Virginia with their teen son.