

# 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

## Burnout, Compassion Fatigue and Self-Care

January 20, 2023, 8:30am-10:30am

Virtual Learning via Zoom

*2.0 Continuing Education Hours*

**Trainer:** Will Hutter, PsyD, LMFT

### Course Description:

This workshop will look at current research around compassion fatigue and burn-out; as well as the ways burnout and compassion fatigue are similar and different and ways to engage in self-care that can ground and recharge you. The workshop will end with an exercise involving guided imagery, led by the presenter.

### Learning Objectives:

1. Learn about the stages of burnout.
2. Be able to identify ways to recover from burnout.
3. Discover ways to combat compassion fatigue
4. Practice self-care exercises

### About your Trainer:



Dr. Hutter is currently the Gender Services Specialist at Sand Ridge Secure Treatment Center. He is adjunct faculty at North Central University, out of San Diego, California; as well as a Visiting Professor at Iona College in New York. He has a private practice in Madison, WI, working with gender expansive youth and their families, LGBTQ+ youth and adults, individuals with out of control sexual behaviors or sexual dysfunctions, persons belonging to the immigration community, and conflictual couples. Dr.

Hutter holds one master's degree in Marriage and Family Therapy and another in Clinical Psychology, as well as a Doctorate in Clinical Psychology.