



Building Provider Resilience



DESCRIPTION

This program is designed to introduce the concepts provider-focused resilience. Professionals providing services to vulnerable populations often feel frustrated and overwhelmed. This training will help professionals to understand the difference between compassion fatigue, burnout, moral distress, and vicarious trauma. We will examine the way our work can impact our lives, with a focus on body and mind from a mindfulness perspective. We will build an individualized plan focused on self-compassion, self-care, professional coping, and action-based resiliency so that we can be best prepared to help others.

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Develop an awareness of compassion fatigue, burnout, moral distress, and vicarious trauma.
2. Understand how our professional lives can impact our overall well-being.
3. Identify tools and strategies to minimize our work's impact on our bodies and minds.
4. Create an individualized action plan that builds our resilience and impact.

TARGET AUDIENCE

Counselors, Therapists, Social Workers, and any other interested healthcare professionals.

FEE

\$25 Consortium Member \$50 Non-consortium Member

\$25 Long Term Care Administrators

Deadline to register: 4/2/2025

Please visit

www.scahec.net/learn/login

to register or contact

Kimberly Morris

at 843-777-5352 or

kimberlymorris@mcleodhealth.org



Thursday, April 3, 2025

12:00pm-2:00pm

Webinar via WebEx

INSTRUCTOR

Kelly N. Graves, PH.D.

Dr. Kelly Graves is an international presenter in the areas of trauma, trauma-informed care, Adverse Childhood Experiences (ACEs), and resiliency. She is sought after as a trainer and technical assistance provider in the areas of trauma and resilience, recently assisting in Guam, Japan, Hawaii, and several other countries and states. Dr. Graves is a clinical psychologist in NC and spent almost 16 years in academia in the UNC system. As a retired tenured Associate Professor, Dr. Graves felt the call to move from the classroom to the community. So, she founded Kellin, PLLC, and its non-profit partner the Kellin Foundation, which has now been recognized nationally and a partner with the National Child Traumatic Stress Network (NCTSN). She is an accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. Dr. Graves believes strongly in bridging research to practice in community-based settings and has implemented dozens of large grants resulting in systems change and enhanced service delivery. She co-developed the Greensboro Child Response Initiative, a law enforcement-mental health partnership model, which was supported by US Department of Justice and has now been replicated nationally in at least four different jurisdictions. Dr. Graves has extensive experience providing direct clinical services as well, which provides a unique perspective in her trainings and workshops.

CREDIT

AHEC: This program is approved for 0.2CEU's (2.0 clock hour) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 2.0 hour of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 2.0 non-social work credit hour.

Long Term Care Administrators: To seek continuing education credit for this program the administrator must submit the application and documents 30 days following the program to the SCLLR along with a \$15.00 fee. Please visit <https://lrr.sc.gov/lthc/> for more information.

Nursing: Pee Dee Area Health Education Center is an approved provider of nursing professional development by the South Carolina Nurses Association, an accredited approver by the American Nursing Credentialing Center Commission on Accreditation. This nursing continuing education awards 2.0 contact hours upon successful completion. NPD approval refers only to NPD activities and does not imply SCNA or Pee Dee AHEC endorsement of any commercial product.