



Compassion Fatigue



DATE + TIME

Friday, November 7, 2025
9:00 AM 11:00 AM



LOCATION

Upstate AHEC Training Room
104 S. Venture Dr, Greenville, SC 29615



TARGET AUDIENCE

Anyone interested in the topic, anyone in the helping field, nurses, law enforcement, first responders, social workers, therapist, prevention specialist, counselors



COURSE DESCRIPTION

Compassion Fatigue is discussed widely in the helping professions now and recognized as a major contributing factor to dissatisfaction with role, and eventual burnout and at times cause of professionals leaving their field. While we have made great strides over recent years to prevent this, implementing vital self care efforts, etc. this continues to be an overwhelming issue in many helping professions and a difficult battle for healers. This workshop will highlight the continued struggles around compassion fatigue, vicarious trauma, and burnout and look at ways to identify and address these issues.



LEARNING OUTCOMES

At the conclusion of this program, each participant will be able to:

- Identify signs and symptoms and differences of compassion fatigue, vicarious trauma, and burnout
- Identify ways to work towards prevention of these symptoms and addressing when they do occur
- Discussion of Self care needs – being intentional and consistent with regular self care



INSTRUCTOR

CHARISSA WOLFORD, LISW-CP, LAC/S, CS, MAC



Charissa Wolford is the owner and operator of Helping Healers LLC. Charissa provides clinical supervision, consultation, various training opportunities. Charissa also is currently the Clinical Supervision Coordinator for the Phoenix Center in Greenville, South Carolina. She is an alumna of the University of South Carolina where she received a bachelor's degree in Experimental Psychology, a Master of Social Work degree, and a Certificate of Graduate study in Drug and Addiction Studies. Charissa has worked in the Alcohol and Drug Treatment field for over 15 years. She has worked previously with medication assisted treatment programs and other various populations including incarcerated youth and adults, and domestic violence survivors. Other notable work has included being a member of the SC Leadership Academy,



CONTINUING EDUCATION CREDIT

Licensed Nurses: This nursing continuing education activity awards **2.0 contact hours** upon successful completion of each session. Upstate AHEC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. www.nursecredentialing.org/accreditation.aspx

Licensed Professional Counselors and Therapists: This program has been approved for **2.0 hours of continuing education** of each session by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Social Workers: This program has been approved for **2.0 clock hours** per course of social work continuing education by Upstate AHEC, as part of the SC AHEC system, under its accreditation by the SC Board of Social Work Examiners.

Others: This program is approved for **0.2 (2.0 clock hours)** of each session by Upstate AHEC and meets SC AHEC Best Practice Standards.

Successful completion of the program requires attendance for 100 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit is available.



REGISTRATION

To register: <https://www.scahec.net/learn/programs/4345>

Fee: FREE

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Of Note: Licensees should verify with their state licensing board for acceptance of continuing education units. Save the course outline and certificate of completion and contact your own board or organization for specific filing requirements. Upstate AHEC does not provide assistance with individual filing requirements.



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