

# Working with Victims of Violence: Interventions and Burnout Prevention

LIVE VIDEO WEBCAST • Friday, June 9, 2023

## Webcast Information

### Eastern Time

**9:00am** Program begins

**12:15pm** Program ends

To Register: [CLICK HERE](#)

Host: Give an Hour, in partnership with the District of Columbia Office of Victim Services and Justice Grants



For additional information visit:  
<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

Those who work with victims of various types of violence can experience compassion fatigue and burnout when they feel they are unable to meet the needs of the people they work with. Providing tools to these workers, to increase feelings of competence and to address the needs of the victims they work with, improves outcomes for both parties. Workers being able to address feelings and experiences of vicarious trauma can prevent burnout and allow them to continue to do this important work.

**Target Audience:** Social Workers, Counselors, Psychologists

## Objectives

1. Participants will be able to identify the impact of trauma on a person's whole being (Body, Brain and Emotions).
2. Participants will be able to identify how different types of violence impact a person's core beliefs and worldview.
3. Participants will learn 5 interventions for healing trauma and restoring pre-trauma levels of functioning.
4. Participants will learn warning signs of burnout and 3 ways to prevent compassion fatigue.

Speaker **Christina Reese, PhD, LCPC,**

has been working with children and their families for over 10 years and uses play therapy, art therapy and cognitive behavior therapies to help families solve problems. She has been the director of an outpatient mental health clinic in Baltimore, MD and has worked in private practice, as a court ordered therapist and in residential treatment centers. She works with a variety of diagnosis from ADHD to Oppositional Defiant Behavior, bipolar and mood disorders, and attachment disorders. She has her PhD in counselor education from George Washington University and is a licensed clinical supervisor.

### Speaker Disclosures:

Financial: Dr. Christina Reese maintains a private practice and has an employment relationship with Sheppard Pratt Health System. She receives royalties as a published author. Dr. Reese receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Christina Reese has no relevant non-financial relationships.

## Program Outline

### Introduction-What is Trauma?

Changes to Body

Changes to Brain

Changes to Emotions

Witnessing Violence-Implications on Body, Brain and Emotions

Gang Violence

Domestic Violence

Community Based-Mass Violence

### Healing Trauma

Interventions for Body

Interventions for Brain

Interventions for Emotions

Burnout Prevention and Vicarious Trauma in Workers

Defining Self Care

Emotion Regulation and Managing Grief

## Continuing Education Credits



**Counselors:** This intermediate activity consists of 3.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**California Counselors:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licensees/cont\\_ed.html](http://www.bbs.ca.gov/licensees/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 3.0 clock hours of continuing education instruction.

**District of Columbia (DC) Counselors:** CE credit is available. This course consists of 3.0 continuing education clock hours for DC Counselors. The District of Columbia Municipal Regulations for Professional Counseling (S.6612.3) confirm acceptance of continuing education programs relevant to counseling by organizations that have been approved by a counseling board in another state. PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 3.0 contact hours.

**Texas Counselors:** CE credit is available. This activity consists of 3.0 clock hours of continuing education instruction for Texas Counselors. The Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

**Virginia Counselors:** CE credit is available. This course is approved for 3.0 clock hours of continuing competency instruction for Virginia Counselors. The Virginia Board of Counseling recognizes continuing competency activities in the behavioral health field offered by organizations that are approved by a counseling board in another state (18VAC115-20-105). PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 3.0 contact hours.

**Psychologists:** PESI, Inc. is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 3.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. Course Level: Intermediate.



**Marriage & Family Therapists:** This activity consists of 180 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**California Marriage & Family Therapists:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licensees/cont\\_ed.html](http://www.bbs.ca.gov/licensees/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 3.0 clock hours of continuing education instruction.

**Texas Marriage & Family Therapists:** This activity consists of 3.0 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

**Physicians:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



PESI, Inc. designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social workers completing this course receive 3.0 Clinical continuing education credits.



Course Level: Intermediate Format: Synchronous distance Full attendance is required; no partial credits will be offered for partial attendance.

**California Social Workers:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licensees/cont\\_ed.html](http://www.bbs.ca.gov/licensees/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 3.0 clock hours of continuing education instruction.

**Other Professions:** This activity qualifies for 180 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.