

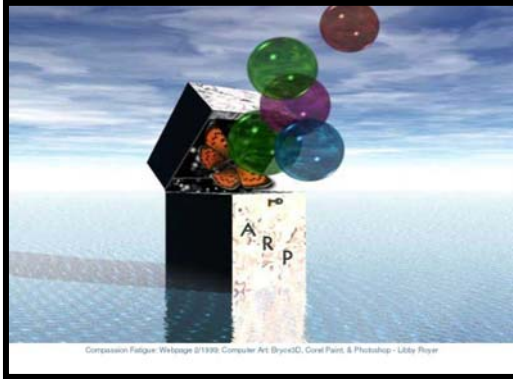
# Compassion Unlimited

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Sarasota, FL 34239



## Accelerated Recovery Program Advanced Individual Compassion Fatigue Training-As-Treatment

**Description:** In this intensive training, you will learn to utilize the Accelerated Recovery Program (ARP) Protocol through active learning as a participant. The ARP is the only evidence-based treatment of compassion fatigue in the world. You will receive individual facilitation with the interventions of the ARP for your own symptoms of compassion fatigue.

You will also be provided with insights and methods to employ as both an educator and interventionist working with compassion fatigue in others. This program offers comprehensive training in the state-of-the art treatment of compassion fatigue, helping you to transform your professional and professional life.

### Goals

- Dual experience as both participant addressing own compassion fatigue symptoms and as student learning to utilize this peer-to-peer protocol when working with other caregivers who are suffering compassion fatigue symptoms.
- Understand the causes, symptoms, treatment, and prevention of compassion fatigue relative to your professional context.
- Skilled in assessment and self-assessment of compassion fatigue symptoms including screening for primary trauma and other problems contraindicated for treatment by the ARP.
- Understanding of the personal "meaning" of compassion fatigue symptoms as a catalyst for change and maturation instead of viewing compassion fatigue as a pathological condition.
- Utilization of time-line narrative as a method for resolving intrusive symptoms of secondary traumatic stress.
- Identification of professional and personal past experiences that produce intrusive symptoms and addressing the resolution of these symptoms through both *in vivo* and historical exposure protocols (EMDR, CBT, TIR)
- Development of failsafe self-regulation skills to help you make the transition from sympathetic to parasympathetic dominance (resiliency)
- Utilization of self-regulation skills to facilitate transformation from reactivity to intentionality in personal and professional contexts.
- Transition from other-validated to self-validated service in your work and personal life.
- Review and update self-supervision styles from self-coercion to self-support.
- Creation of a self-directed resiliency plan for yourself and your workplace.
- You will be eligible for certification as a Compassion Fatigue Specialist through the Academy of Traumatology with the completion of this training.

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www.CompassionUnlimited.com

## ARP Two-day Intensive

The Accelerated Recovery Program is normally offered in a five-session model however, Compassion Unlimited has made this same intensive training-as-treatment available in two days.

**Pre-training** – In order to successfully complete this two-day version of the ARP, the participant must complete the following assessment instruments and exercises BEFORE the first day of training. These materials can be emailed directly to you or downloaded from the Compassion Unlimited website ([www.compassionunlimited.com](http://www.compassionunlimited.com)).

1. *ProQOL Professional Quality of Life: Compassion Fatigue and Satisfaction Subscales* Revision III
2. *Silencing Response Scale*
3. *Trauma Recovery Scale*
4. *Global Check Set*
5. Listen to “*Retirement Party*” (.wav file)
6. Complete *Mission Statement Exercise*
7. Read *Compassion Fatigue: A Crucible of Transformation*

### Schedule

#### Day I

##### Morning (10am – Noon)

- Compassion Fatigue Structured Interview
- Interactive Didactic Presentation

##### Afternoon (2pm – 5 pm)

- Mission Statement
- Professional Time-Line Narrative

Homework – Review of Professional Time-line Narrative Video/Graphic Time-Line

#### Day II

##### Morning (9 am – Noon)

- Review of Graphic Time-line Narrative to identify experiences leading to Secondary Traumatic Stress Experiences
- Self-regulation skills
- Reactive-to-Intentional Worksheet
- Eye Movement Desensitization & Reprocessing to resolve Secondary Traumatic Stress

Homework – Letter from the “Great Supervisor”

##### Afternoon (2 pm – 5 pm)

- Self-Supervision
- Video-dialogue using the Letter from the “Great Supervisor “
- Individual Resiliency
- Systemic Resiliency
- Closure

### Cost

Package Price - \$799.00

If purchased as individual sessions - \$990.00