

Forgiveness & Compassion Fatigue — Understanding Critical and Complex Concepts and How to Apply Them as Practitioners with Our Clients and with Ourselves

Forgiveness. While a moral virtue and something required from all of us, it is an incredibly complex process and one that is commonly misunderstood. In this training, we will not only explore the meaning and various concept models of forgiveness but will walk through both models, tools and strategies to work through this process with clients as well as create a more forgiving and safe environment for clients, their families and you, as the clinician.

And this extension of forgiveness extends into our own self-forgiveness and generation of self-compassion. Working in a field riddled with burnout, vicarious traumatization and compassion fatigue, we need to explore this process more completely and better understand what it is that gets in the way of implementing such a critical practice into our lives. In addition to addressing the science behind self-compassion and detrimental effects of *not* engaging in it, we will talk through practical ways to bring this into your life in manageable ways and how to create an environment in which this is not only supported but the norm.

Kyira Wackett, MS, LPC is an artist, public speaker and community advocate. She holds a Master's Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities' at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America's Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.

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