

# COMPASSION FATIGUE

This 16-hour course is designed for first responders, medical professionals, social workers, law enforcement, and other professionals caring for traumatized victims, patients and clients. A general awareness of the causes of compassion fatigue, vicarious trauma and the related stress reaction, as well as ways to resolve stress, should lead to a more effective job performance. This program will examine compassion fatigue and provide students with the tools to help manage compassion fatigue and related stressors. Those attending will be exposed to the benefits of physical exercise, nutrition, and stress relief therapies and create a self-care plan. Attendees should wear comfortable clothes and shoes suitable for walking.

### Course topics include:

- Identifying compassion fatigue in yourself and others
- Compassion fatigue and the related stress reaction
- Personal stress management techniques
- Nutrition
- The role of physical fitness
- Dealing with critical incidents and traumatic stress
- Substance abuse
- The role of family and friends

April 4-5, 2018

8 a.m. – 5 p.m.

St. Petersburg College

Allstate Center

**\*\*NO COST\*\***

Instructor Glenn Wilson is retired as a Sergeant from the Pinellas County Sheriff's Office with over 29 years of experience. He was a supervisor in the Child Protection Investigation Division where he experienced compassion fatigue on a daily basis with his co-workers and community based partners. This prompted him to create and instruct courses in fitness, stress management, and self-care practices. He holds a Bachelor's Degree in Criminal Justice from the University of South Florida, is a certified Red Cross Lifeguarding, CPR, and First Aid Instructor, a Florida Department of Law Enforcement Physical Fitness Trainer, and a Cooper Institute trained Law Enforcement Fitness Specialist. He is currently an adjunct instructor with St. Petersburg College, teaching numerous in-service and advanced training courses along with being a lead instructor with RAD Training, Inc.

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Casual clothing is recommended. Shorts, tank tops, offensive T-shirts are unacceptable. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while attending training. No tobacco use allowed on college property.

**Registration Link:** <http://web.spcollege.edu/survey/25801>

**Location:** St. Petersburg College Allstate Center  
3200 34th St. S., St. Petersburg, FL 33711

**For assistance:** [Vonceil.Smith@spcollege.edu](mailto:Vonceil.Smith@spcollege.edu), 727-344-8021

**Contact:** [Morris.Wayne@spcollege.edu](mailto:Morris.Wayne@spcollege.edu) 727-341-4631

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