

### AGENDA

May 11, 2022

A.M.

Session Full

May 11, 2022

1-4pm

(includes break)

**Prerequisite:**

Licensed mental health professional.

**CEUs:** 3

## Managing Secondary Traumatic Stress through a Skills-Based Model: CE-CERT

### OVERVIEW

This training provides an overview on the **Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT) model**.

CE-CERT is a skills-based approach to improving provider well-being and effectiveness in working with traumatized clients. CE-CERT posits that secondary traumatic stress develops when providers feel overwhelmed or helpless in the face of the trauma stories of others. In contrast to self-care strategies that require doing restorative practices after work, the CE-CERT model proposes micro-interventions done throughout the day. This training will teach the five core components of CE-CERT: Experiential Engagement, Reducing Rumination, Conscious Narrative, Reducing Emotional Labor, and Parasympathetic Recovery, as well as the acquirable skills in each component.

### LEARNING OBJECTIVES

- Learn about the practical application of the CE-CERT model to enhance well-being in the helping professions.
- Learn and discuss assumptions and myths associated with work-related secondary traumatic stress.
- Learn the five core components of CE-CERT and how to apply associated micro-interventions to support professional and personal well-being.

### TRAINERS

Amanda Mitten, MA, LPC and Elizabeth C. Risch, Ph.D.  
University of Oklahoma Health Sciences Center  
CE-CERT Trainers