



The Joint Training Initiative
at
South Florida HIDTA
is hosting:



LAW ENFORCEMENT COMPASSION FATIGUE

Date: August 21, 2023 (Monday) **Time:** 1:30 pm – 5:30 pm

Deadline Date to register online: July 11, 2023

The Law Enforcement Compassion Fatigue Course is a 4-hour training course of instruction designed to prepare law enforcement with the ability to understand and prevent compassion fatigue/vicarious trauma. Compassion fatigue can cause law enforcement personnel to shut down mentally, physically and emotionally. For many police officers the law enforcement environment can lead to apathy, cynicism and social dysfunction. The desire to serve the community often starts with optimism and enthusiasm but can lead to compassion fatigue and burnout. The course will focus on understanding and preventing compassion fatigue/vicarious trauma and developing resiliency to minimize its impact. Students will learn through interactive scenarios, case studies, video instruction and other interactive exercises.

Course topics:

- Understanding the difference between stress and burnout.
- Defining the terms compassion fatigue and vicarious trauma.
- Recognizing the symptoms of compassion fatigue.
- Measuring your personal level of compassion fatigue and burnout.
- Identifying adaptive coping strategies that contribute to health and well-being.
- Identifying steps you can take to minimize the risk of compassion fatigue.
- Describing levels of resilience.
- Developing personal strategies to strengthen your resilience.

Provider: This project is supported by Grant No. 2019-VI-BX-K002 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office Juvenile Justice and Delinquency Prevention, the Office of Victims of Crime, and the SMART Office.

Location: Weston HIDTA Facility, 3200 Meridian Parkway, Suite 101, Weston, FL 33331

Tuition: Free, however travel costs are the responsibility of the parent agency.

Registration: <https://www.nhac.org/hidtrainingcalendar/events/6> Each student is to register with their own individual and accurate email address, not a generic or agency coordinator email address.

Questions concerning registration please contact:
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