

2022-2023 ROVINSKY FAMILY LECTURESHIP SERIES



Wednesday, April 26, 2023 | 12:00 – 1:00 PM ET | Live Webinar

PROVIDER COMPASSION FATIGUE AND ENHANCING RESILIENCE

Ashley Poole, PsyD, LPC

Assistant Professor, PsyD Program in Clinical Psychology

School of Professional & Applied Psychology

Philadelphia College of Osteopathic Medicine

PROGRAM DESCRIPTION:

This presentation will define compassion fatigue and burnout, emphasizing both risk and protective factors. Attendees will learn the underlying causes of compassion fatigue, and identify compassion fatigue symptoms. The presentation will discuss methods to promote resiliency, self-care, and access resources. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe what compassion fatigue is and who it affects
- Identify risk factors and warning signs of compassion fatigue
- Explain how to prevent and heal compassion fatigue
- Apply the components needed to create a self-care plan to promote resilience and lessen the impact of compassion fatigue
- Discuss compassion fatigue in the context of diversity-related stressors

SUGGESTED READINGS

Cavanagh, N., Cockett, G., Heinrich, C., Doig, L., Fiest, K., Guichon, J. R., Page, S., Mitchell, I., & Doig, C. J. (2020). Compassion fatigue in healthcare providers: A systematic review and meta-analysis. *Nursing Ethics*, 27(3), 639–665.

Clay, R. A. (2020, June 11). Are you experiencing compassion fatigue? American Psychological Association. <https://www.apa.org/topics/covid-19/compassion-fatigue>

Dehlin, M., & Lundh, L. G. (2018). Compassion fatigue and compassion satisfaction among psychologists: Can supervision and a reflective stance be of help?. *Journal for Person-oriented Research*, 4(2), 95–107. <https://doi.org/10.17505/jpor.2018.09>

ABOUT THE PRESENTER

Ashley Poole, PsyD, LPC received her bachelor's and master's degrees from Fayetteville State University. She received her Doctor of Psychology in Clinical Psychology at Philadelphia

College of Osteopathic Medicine, receiving the Advocacy, Leadership and Service Award in clinical psychology and the 2020 President's Leadership in Diversity Award. Dr. Poole completed her post-doctoral fellowship at Lankenau Medical Center in the Pain Management Clinic working with an interdisciplinary team. In clinical practice, she has experience with a diverse client population including couples, and individuals with substance use disorders and severe and persistent mental illness. She also has advanced training working with individuals involved in the criminal justice system. Dr. Poole has presented at professional conferences on inter-professional collaboration and the impact of social media and mental health. Her clinical experience positions her to mentor students in both clinical work and research.

Target Audience: Doctoral Level

Psychologists and Other Mental Health Professionals

Level of Instruction: Intermediate

Number of CE Credits Offered: 1 CE credit

Cost: \$15



CRITERIA FOR EARNING CE

Co-sponsored by Philadelphia College of Osteopathic Medicine. Physicians: Philadelphia College of Osteopathic Medicine is accredited by the American Osteopathic Association of medical education for physicians. Philadelphia College of Osteopathic Medicine designates this program for a maximum of 1 hour of AOA Category 1- A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.



PSYCHOLOGISTS: Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



CERTIFIED COUNSELORS: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

LICENSED SOCIAL WORKERS: Philadelphia College of Osteopathic Medicine, School of Professional and Applied

Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

REFUND/CANCELLATION POLICY: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than three business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within three business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at katiega@pcom.edu.

