



## **SUPPORTING YOUR RESILIENCE IN TRAUMA-EXPOSED WORK**

### **Understanding and Addressing These Unique Stress Environments**

**90 Minute Webinar presented by Dr. Patricia Fisher, R.Psych., L.Psych., Co-Executive Director TEND**

There is now over two decades of research proving that working in high stress, trauma-exposed professions such as health care, community mental health, and social services carries elements of risk to the providers: compassion fatigue, secondary trauma and burnout can take a cumulative toll on us as individuals and as teams. As professionals in these fields, we need to understand and protect ourselves from the difficult stories that we work with on a regular basis, limited resources and high volume of work, while remaining effective and compassionate?

This webinar will provide a research-based framework to understand the mechanisms of stress and resilience within trauma-exposed environments, and will introduce practical, best-practice approaches to increasing resilience and enhancing individual wellness and organizational health.

This program supports participants by:

- Exploring the unique properties of trauma-exposed work and the critical need to enhance resilience.
- Applying the Complex Stress Model of Workplace Stress which incorporates both the system-based stresses and traumatic stresses (direct trauma and secondary trauma).
- Recognizing and normalizing the wide range of physical, mental, behavioral and relationship responses to chronic stress.
- Understanding the cause and effect relationships between the relative risk for systemic and traumatic stress, self-care strategies and stress-related outcomes.
- Considering the workshop information as it applies to participant's workplaces, organizations and occupational sectors.

### **Brief Bio**

**Dr. Patricia Fisher, R.Psych., L.Psych.**

Co-Executive Director, TEND

[fisher@tendacademy.ca](mailto:fisher@tendacademy.ca)

[www.tendacademy.ca](http://www.tendacademy.ca)

Dr. Patricia Fisher is a clinical psychologist and specialist in organizational health and workplace wellness in trauma-exposed workplaces. As the founder of Fisher & Associates, over the past 25 years she has developed a host of research-based training programs, assessment tools and solutions for trauma-exposed workplaces and the staff and managers who work in them.

Dr. Fisher is now Co-Executive Director of TEND and in this role she continues to work with trauma-exposed organizations, and to develop new research-based training programs, resources, and evaluation tools for managers and staff working in these critical fields.



Dr. Fisher has worked extensively with agencies and organizations from the social services, healthcare, justice, legal, corrections, policing, and emergency response sectors as well as those from other trauma-exposed environments. She has authored numerous reports and research papers and 9 books addressing trauma-exposed workplace issues. Her new book, *Resilience, Balance & Meaning: Supporting our lives and our work in high stress, trauma-exposed workplaces*, was released in December 2016, and her previous volume, *Building Resilient Teams: Facilitating Workplace Wellness & Organizational Health in Trauma-Exposed Environments*, was published in fall 2015 and is now being used in a wide range of trauma-exposed workplaces. As a leader in the field, Dr. Fisher has consulted widely with both private and non-profit organizations, and government bodies at the state, provincial and federal levels to develop policy and solutions to the complex organizational challenges that often accompany high stress and trauma-exposed sectors. Dr. Fisher is a frequent and sought-after speaker at international conferences.