

The Power of Trauma-Informed Client and Clinician Self-Care on Clinical Outcomes

Presenter: Danielle Hiestand, PsyD, LMFT

8 CEs Co-Sponsored by Precision EMDR Academy

*Schedule is subject to change.

Thursday, 9/25/25

Time	Activity
3:00-6:00pm	Check-in to Tahquitz Pines and get settled. Recommendations for dinner in Idyllwild will be provided.
6:00pm - 7:30pm	Fireside Welcome: Dessert, meet and greet, and games (Optional)

Friday, 9/26/25

Time	Activity
7:30-8:30am	Breakfast outside under the tree canopy next to Altitude Hall
8:45-10:00am	Yoga with Liliana - Outdoors under the trees (Optional)

Time	CE Topic: The Cost of Caring and the Impact on the Client: Secondary Traumatic Stress, Compassion Fatigue and Burnout Among Clients and Therapists
10:30-10:45am	Introduce Secondary Traumatic Stress (STS)
10:45-10:55am	Defining secondary traumatic stress (STS)
10:55-11:20am	Introduce trauma exposure response:
11:20-11:30am	Define Compassion Fatigue (CF)
11:30-11:40am	Define Burnout (BO)

Time	CE Topic: The Cost of Caring and the Impact on the Client: Secondary Traumatic Stress, Compassion Fatigue and Burnout Among Clients and Therapists
11:40-12:00pm	Risk Factors for CF, STS, BO for Clients and Mental Health Providers
12:00-12:30pm	Introduce Self-Screening Tools <ol style="list-style-type: none"> 1. Professional Quality of Life (ProQOL) 2. Secondary Traumatic Stress Checklist 3. Sussex-Oxford Compassion Scales (SOCS)

Time	Activity
12:30pm - 1:30pm	Lunch outside under the tree canopy next to Altitude Hall

Time	CE Topic: Building a Trauma Informed Practice
1:30-1:45pm	Trauma Informed Treatment
1:45-2:00pm	Cultivating Self-Awareness in Self and Others
2:00-2:35pm	Transference and Counter-Transference
2:35-3:00pm	Ethical Codes
3:00-3:30pm	Trauma Informed Boundaries

Time	Activity
3:30-4:00pm	Break
4:00-5:00pm	Mindfulness Activity - Gentle Hike (Optional)
5:30-6:30pm	Dinner outside under the tree canopy next to Altitude Hall

Saturday, 9/27/25

Time	Activity
7:30-8:30am	Breakfast outside under the tree canopy next to Altitude Hall
8:45-10:00am	Yoga with Liliana - Outdoors under the trees (Optional)

Time	Topic: CE Building Protective Factors
10:30-10:40am	Current Professional Self-Protection
10:40 - 10:55am	Protective Factors: Post-traumatic growth
10:55-11:25am	Protective Factors: Professional Benefits of Mindfulness-Based Interventions
11:25-11:45am	Protective Factors: Self-compassion
11:45-12:00pm	Protective Factors: Ying-Yang of Self-Compassion
12:00-12:30pm	Self-care strategies and benefits reflected in research studies

Time	CE Topic: The Journey Toward Self: Self-Care Planning
1:30-1:40pm	Reflection/Review
1:40-2:05pm	Introduce Polyvagal Theory (PVT): Science of Safety
2:05-2:30pm	Self-care and self-regulation
2:30-2:45pm	Introduce Personal and Professional Self-Care Plan
2:45-3:00pm	Creating a Realistic Self-Care Plan

Time	CE Topic: The Journey Toward Self: Self-Care Planning
3:00-3:15pm	Implementing the plan in everyday life
3:15-3:30pm	Practicum Exercise: Share self-care plan with group

Time	Activity
3:30-4:00pm	Break
4:00-5:00pm	Mindfulness Activity (Optional)
5:30-6:30pm	Dinner outside under the tree canopy next to Altitude Hall

Saturday, 9/27/25

Time	Activity
7:30-8:30am	Breakfast outside under the tree canopy next to Altitude Hall
8:45-10:00am	Yoga with Liliana - Outdoors under the trees (Optional)
10:00 - 10:30am	Reflection & Clinician's Own
11:00am	Check-Out

Course Description:

This training equips mental health professionals with a comprehensive understanding of key concepts essential to trauma-informed care and self-care practices. Participants will learn to differentiate and apply foundational concepts such as compassion fatigue (CF), secondary traumatic stress (STS), and burnout (BO), as well as trauma-informed management of transference and counter-transference. The training highlights the client benefits and increased therapeutic effectiveness through self-compassion, boundary setting, and self-care plans. Additionally, participants will explore Polyvagal Theory and identify how neuroception influences clinicians and clients' physical sense of safety or danger and impacts their behavior and emotional response to secondary trauma. By the conclusion of this training, participants will be equipped with a deeper understanding of how to prevent and mitigate CF, STS, and BO, empower clients with similar strategies for resilience and recovery, improve treatment outcomes, and enhance the well-being of self and others.

Learning Objectives:

(LO1) Participants will be able to define and differentiate compassion fatigue, secondary traumatic stress, and burnout by identifying their unique symptoms, underlying causes, and effects on professional clinical outcomes.

(LO2) Participants will be able to identify two key benefits to the client of trauma-informed management of transference and counter-transference within the therapeutic relationship.

(LO3) Participants will be able to describe three specific positive clinical outcomes facilitated by the therapist receiving training in trauma-related knowledge and skills.

(LO4) Participants will be able to explain three evidence-based reasons why self-compassion is an effective strategy for preventing compassion fatigue and burnout, including its role in decreasing emotional dysregulation, improving psychological well-being, and more sustainable, effective care for clients.

(LO5) Participants will be able to identify 4 specific ways therapeutic effectiveness is likely increased by the clinician developing a structured self-care plan.

(LO6) Participants will be able to explain how Polyvagal Theory and neuroception help clinicians and their clients prevent burnout and secondary traumatic stress through identifying the physical sensations that signal cues of safety or danger.