

**Idyllwild Retreat: A Journey Toward Restoring Therapists
Personally and Professionally**
Presenter: Danielle Hiestand, PsyD, LMFT

Location:

Tahquitz Pines
55251 S Circle Dr, Idyllwild-Pine Cove, CA 92549
(951) 659-2934
<https://www.tahquitzpines.com/>

CE Information:

CE Certificates are awarded online after completion of the retreat/training.
*Additional CE information provided on pages 3-6

Tentative Schedule:

*Schedule may change slightly between now and May 2025

Thursday, 5/1/2024

3:00pm - 6:30pm: Check-in to Tahquitz Pines

Dinner (on your own - recommendations for restaurants in town will be provided)

6:30pm-8:00pm: Fireside Welcome/ Idyllwild Retreat Check-in

Friday, 5/2/2024

7:30am-8:30am Breakfast & Coffee (Included)

8:00am: Welcome, Introductions (while finishing breakfast)

9:00-10:15am: Yoga (Optional)

10:30am-12:30pm: Session 1: Costs of Caring: Secondary Traumatic Stress, Compassion Fatigue and Burnout Among Clients and Therapists (2 CEs)

12:30-1:30: Lunch Break (Included)

1:30-3:30: Session 2: Building a Trauma Informed Practice (2 CEs)

3:30-4:00: Free time

4:00-5:00: Optional Outdoor Group Activity (No CEs)

5:00-5:30: Free time

5:30pm - 6:30pm: Dinner (Included)

Saturday, 5/3/2024

7:30am-8:30am Breakfast & Coffee (Included)

8:00am: Announcements/Reminders during breakfast

9:00-10:15am: Yoga (Optional)

10:30am-12:30pm: Session 3: Building Your Shield: Protective Factors (2 CEs)

12:30-1:30pm Lunch Break (Included)

1:30-3:30pm Session 4: The Journey Toward Self: Self-Care Planning (2 CEs)

3:30-4:00pm: Free Time

4:00pm-5:00pm: Optional Outdoor Group Activity (No CEs)

5:30pm - 6:30pm: Dinner (included)

Sunday, 5/4/2024

8:00am-9:00am Breakfast & Coffee (Included)

8:45am: Announcements/Reminders

9:00-10:15am: Yoga (Optional)

10:15-11:00am: Reflection Circle Outside (No CEs)

11:00am: Tahquitz Pines Check-out time

Session 1 (2 CEs)

5/2/25, 10:30am-12:30pm

Agenda: Costs of Caring: Secondary Traumatic Stress, Compassion Fatigue and Burnout Among Clients and Therapists

Course Description:

Session 1 will introduce the terms compassion fatigue (CF), secondary traumatic stress (STS) and burnout (BO). The risks factors for therapists and their clients developing CF, STS, and BO will be presented. Therapists who experience CF, STS, and/or BO may have a distorted worldview, increased pessimism, health ramifications, feelings of powerlessness, frustration, and/or blame toward their client and self. This can negatively impact the quality and ethical practice of their work. Participants will be asked to consider their own personal and professional risk factors and note which areas they want to work on throughout the entire two day training. Participants will be introduced to assessment and screening tools that can be utilized for themselves and be used with their clients. Participants will have an opportunity to review their assessment answers and scores during Session 1 and identify areas they could grow and develop further.

Objectives for Session 1:

1. Participants will be able to explain the difference between compassion fatigue, secondary traumatic stress and burnout.
2. Participants will be able to describe at least five elements of a trauma exposure response.
3. Participants will be able to identify three self-assessment/self-screening tools that can be used for themselves or their clients.

Session 2 (2 CEs):

5/2/25, 1:30-3:30

Agenda: Building a Trauma Informed Practice

Course Description:

We all suffer as human beings. As mental health providers we must hold space for our own suffering and the suffering of others simultaneously. This is both a unique and tall order for an individual, even one with extensive training. Session 2 will introduce the concept of a trauma-informed practice. How will a therapist know when their own suffering, history, biases are impacting the therapeutic process? Through recognizing both transference and counter-transference a therapist can identify and acknowledge early with the client the blocks, defenses and interruptions to the therapeutic process. Self-care is an ethical obligation in several professional ethical codes including NASW: Social Workers' Ethical Responsibilities as Professionals and APA: Ethical Principles of Psychologists and Code of Conduct. Session 2 will review the special importance of these specific ethical codes for providers and their clients when providing trauma treatment. Participants will become aware of the risks, benefits, ethics, and the impact on the therapeutic process when setting specific client and personal boundaries.

Objectives for Session 2:

1. Participants will be able to discuss three professional ethical codes that reference the personal and professional self-care of mental health professionals.
2. Participants will be able to explain the difference between transference and counter-transference in a psychotherapy setting.
3. Participants will be able to identify three benefits to receiving training on trauma.

Session 3 (2 CEs):

5/3/25, 10:30am-12:30pm

Agenda: Building Your Shield: Protective Factors

Course Description:

Graduate programs for mental health providers rarely introduce tools for provider self-care nor tools to prevent secondary traumatic stress. These tools are up to the mental health provider to find and learn as they treat clients. This leads to added stress, burnout and compassion fatigue for providers. In turn this could negatively impact the client's recovery and treatment. Session 3 will review the recent research on the protective factors that are most likely to support and positively impact mental health providers and their clients. The following tools and strategies will be taught and practiced during the session: mindfulness-based interventions, post-traumatic growth tools, self-compassion strategies and self-care planning.

Objectives for Session 3:

1. Participants will be able to identify at least five self-care tools for mental health professionals and clients.
2. Participants will be able to identify three professionals benefits from utilizing mindfulness based interventions.
3. Participants will be able to explain three reasons why self-compassion is helpful for preventing compassion fatigue and burnout.

Session 4 (2 CEs):

5/3/25, 1:30-3:30pm

Agenda: The Journey Toward Self: Self-Care Planning

Course Description:

Recognizing and preventing compassion fatigue (CF) has several benefits such as improving the following: job performance, physical and emotional health, and well being. Self-care can be an important protective factor for preventing and alleviating CF. Self-care strategies that include self-regulation resources from Polyvagal theory will be taught didactically and experientially. Participants will practice using and teaching self-care strategies during the training both independently and with each other. Participants will be guided to create a self-care plan for themselves after reviewing their personal assessment tools, training materials, self-reflection journal from the training and their self-care resources. Participants will explore the barriers and

challenges to implementing their self-care plan in their everyday lives as well as how to overcome these challenges. We will discuss how the self-care strategies and boundary setting can also be taught to their clients for their own personal struggles with burnout.

Objectives:

1. Participants will be able to identify three benefits to having a self-care plan for themselves and for their clients.
2. Participants will be able to identify three physical cues of safety and three physical cues of danger from Polyvagal Theory.
3. Participants will be able to identify three Polyvagal Theory strategies for self-regulation.

The following applies to all four training sessions reviewed above.

Intended Audience:

Licensed mental health professionals, including marriage and family therapist, clinical social workers, psychologists, clinical counselors, etc.

Skill Level:

Intermediate

Instructor Names, Degree/s and Bios:

Danielle Hiestand, PsyD, LMFT, CEDS-C, EMDR Consultant

Dr. Hiestand studied at University of California, San Diego and earned two degrees: Bachelors of Science in Cognitive Science, Neuroscience and Psychology. She completed her doctorate in Marital and Family Therapy at Alliant International University and become a licensed Marriage and Family Therapist (LMFT #48529). Dr. Hiestand has acquired extensive experience treating anorexia, bulimia, binge eating disorder, complex PTSD, dissociative disorders, depression, and anxiety. She is a Certified Eating Disorder Specialist Consultant, Certified EMDR Therapist, and an EMDRIA Approved EMDR Consultant. In the past Dr. Hiestand was an adjunct professor at University of California, San Diego, Alliant International University and San Diego State University. She taught classes on eating disorders, stress management, social psychology, and assessment. Currently, Dr. Hiestand has a private practice in San Diego, CA.

Policies:

Cancellation Policy - If for some reason you cannot attend the retreat after registering and want to request a refund or credit, email Danielle at drdaniellehiestand@gmail.com. In your email include the reason for the requested refund or credit. A full refund minus \$100 processing fee will be given up to 2 months (March 1, 2025) prior to the start of the retreat (May 1, 2025) to those who submit a written request via email. After March 1, 2025 no refund or credit will be given unless your spot can be filled by someone on the wait list. If your spot can be filled, a full credit or refund minus a \$100 processing fee will be given.

Obtaining Your CE Certificate - Further information about obtaining your CE certificate will be provided at a later date.

Grievances - Grievances must be in writing to Danielle Hiestand and will be responded to within 10 business days. Emails should be sent to drdaniellehiestand@gmail.com.

This training is in compliance with the American Disabilities Act. For reasonable accommodations, contact drdaniellehiestand@gmail.com.

There are no known conflicts of interests for this training.