

Who can come:

Counselors, Clergy, Teachers, Volunteers, Case Managers, Nurses, Physicians, Social Workers, and other caregivers/providers

Times:

October 22: 9 a.m.-4 p.m.

October 23: 9 a.m.-4 p.m.

October 24: 9 a.m.-4 p.m.

(please note that each of these is a one-day workshop)

Where:

Mississippi State University

Colvard Student Union

Oct 22 & 24: Whittington Board Room 225

Oct 23: Room 324

Literature references from the American Psychological Association and American Counseling Association, evidence-based experiential relaxation techniques, and information handouts will be provided.



Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and MSU policy and will not be tolerated. Discrimination based upon sexual orientation or group affiliation is a violation of MSU policy and will not be tolerated.

Learning Objectives

Through the use of individual and group discussion, didactic, and experiential learning techniques, participants will:

- Review and discuss trauma, burnout, compassion fatigue, and mental health consequences for providers and clients.
- Develop a personal self-care regimen that includes seven areas of mental health: emotional, physical, spiritual, intellectual, social, relational, and security.
- Practice relaxation and letting-go techniques that enable providers to build resiliency and empowerment to continue healthy, ethical practice.

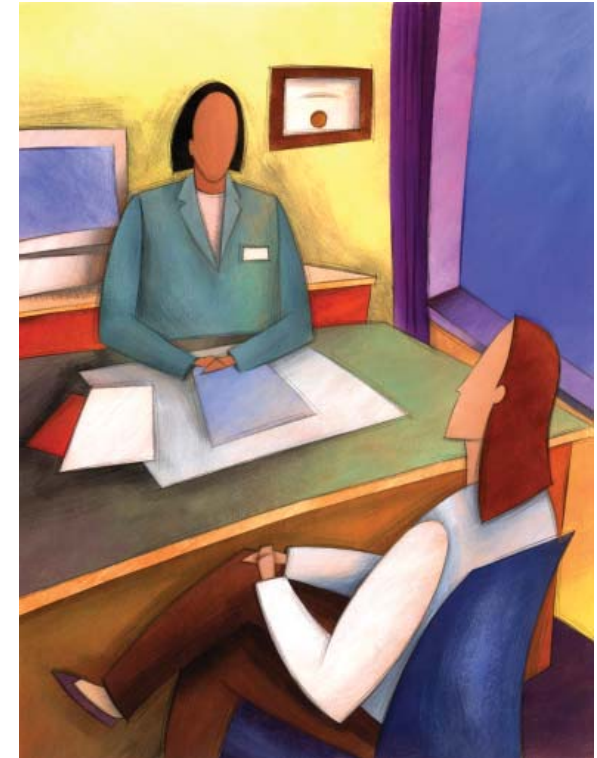
Disaster Response workers and caregivers provide front-line relief services to others under the most stressful circumstances.

Student Counseling Services
P.O. Box NL
Mississippi State, MS 39762



Self-Care for Disaster Response Workers and Caregivers

with Dr. Gargi Roysircar-Sodowsky



Hurricane Recovery Program



Student Counseling Services

October 22-24, 2008

Three one-day workshops

Training disaster response workers and caregivers in self-care

About the instructor



Dr. Gargi Roysircar-Sodowsky is a psychologist, faculty member of Antioch University New England (ANE), and founding director of ANE's Multicultural Center for Research and Practice. Dr. Roysircar-Sodowsky focuses on educating volunteers in disaster trauma, compassion

fatigue, vicarious trauma, and self-care of disaster outreach volunteers. With her students, she has also researched the trauma of 9/11 responders and of political refugees in the United States. Dr. Roysircar-Sodowsky has worked with survivors of the 1994 tsunami in India and in the aftermath of 2005 hurricanes Katrina and Rita, as well as with HIV/AIDS infected and affected women and children in South Africa and Botswana.

About the consultant



Dr. Beatrice Tatem is director of Student Counseling Services and coordinator of Sexual Assault Services at Mississippi State University. Dr. Tatem is also the vice president of African-American concerns for the Association for Multicultural Counseling and Development (AMCD).

Dr. Tatem serves on several boards, one of which is the Oktibbeha County Chapter of the American Red Cross. She has also worked with survivors of hurricanes Katrina and Rita. As members of AMCD, Dr. Tatem, along with Dr. Gargi Roysircar-Sodowsky and other professionals, participated in a clinical outreach to South Africa and Botswana to address HIV/AIDS infected and affected women and children.

Training Disaster Response Workers and Caregivers in Self-Care

Disaster Response workers and caregivers provide front-line relief services to others under the most stressful circumstances. At the same time, caregivers may not realize the importance of protecting their own psychological health and well-being. This self-care workshop is designed to help responders build on personal strengths of resiliency and empowered decision-making to counteract the emotionally and physically debilitating effects of burnout, compassion fatigue and vicarious trauma.

During the workshop,

participants will learn, practice and apply self-care concepts presented in the SEVEN modules:

PHYSICAL

Fitness, nutrition, good health practices

EMOTIONAL

Identification and expression of feelings

SPIRITUAL-RELIGIOUS

A continuing search for fulfillment

INTELLECT

Creative learning, thinking, ideas

SOCIAL

Maintaining close friendships

RELATIONAL

Strengthening family ties

SAFETY/SECURITY

Feeling safe in one's own environment

Self-care begins with recognizing some of the traumatic stressors that challenge disaster response workers and caregivers.

For example:

- Constant listening to stories of loss, pain and grief
- Long hours in treacherous conditions
- Constant exposure to fear and danger
- Excessive workload
- Separation from loved ones
- Overwhelming "survivor guilt"

To help create a functioning, well-adjusted society in the aftermath of a disaster, response workers and caregivers need to acquire a better understanding and protect themselves from stress. They cannot work effectively if re-experiencing the impact of their own "emotional baggage."

This workshop incorporates a psychoeducational focus that will train responders to:

- Integrate self-care practices into their daily lives
- Recognize personal trauma experiences
- Focus on psychological and physical health

Registration

For reservations, e-mail or fax your registration form to:

- Mrs. Kara Hodges (event coordinator):
kh349@studentaffairs.msstate.edu
- Fax: (662) 325-0297

For additional information, please call:
(662) 325-2091

Name: _____

Agency: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____ Fax: _____

E-Mail: _____

Date of attendance: _____

Alternative date: _____

***Admission is free of charge**

*Please note: Attendance is on first-come, first-served basis. Please supply a second alternate date. We will do everything we can to accommodate your first choice.

**Please RSVP by
October 20, 2008.**

*On-site registration will be available, if needed.