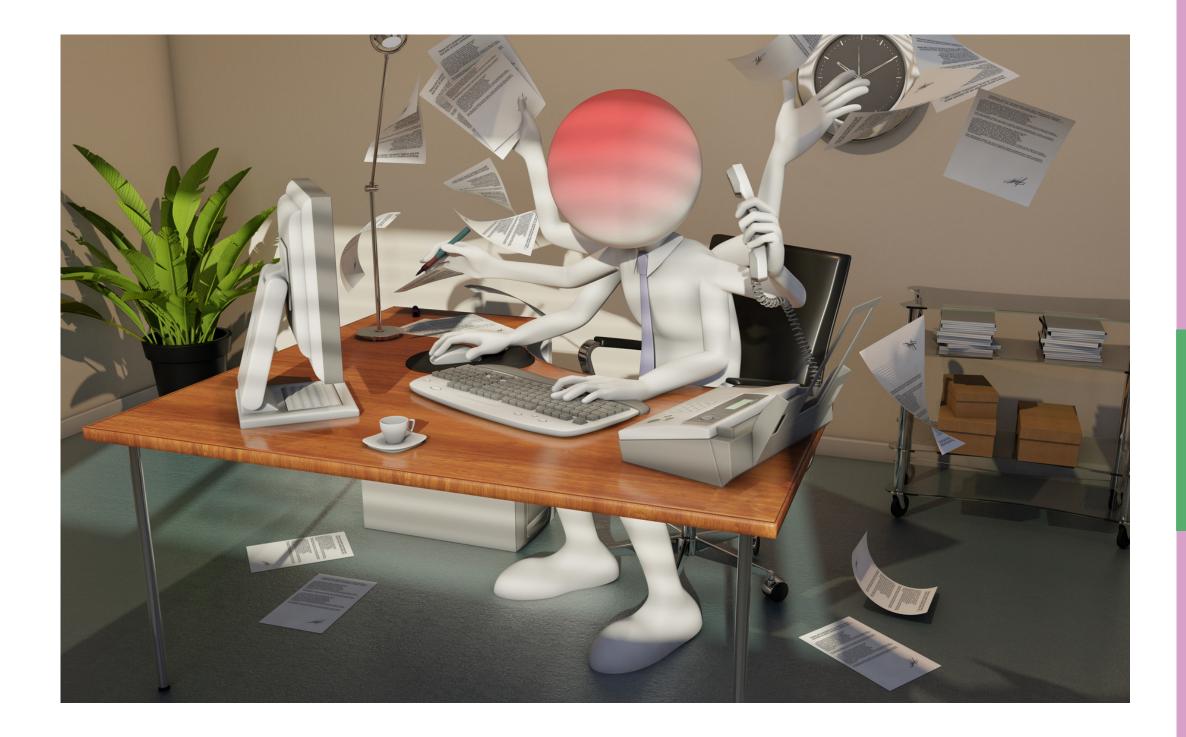
Burnout, Vicarious Trauma, and Self-Care

November 16, 2023 1:30pm - 2:30pm MST

This session is focused around recognition and management of burnout/vicarious trauma. We will talk about risk factors for these, as well as how to spot them and manage them.





Target Audience: Anyone can experience burnout or vicarious trauma, so anyone could benefit; however, those who work in roles where they are exposed to difficult situations or those roles with high expectations/job

Please register for session at: <u>http://WWW.FNTN.CA</u>

Learning Outcomes:

- What is vicarious trauma and burnout
- How to recognized burnout and vicarious trauma
- How to prevent/manage burnout and vicarious trauma

Speakers:

Lisa Harder, BA, MA, Registered Provisional Psychologist. Lisa is the Registered Provisional Psychologist for the Alberta Indigenous Virtual Care Clinic (AIVCC)



To access this session from zoom: <u>https://fntn.zoom.us/join</u> Meeting ID: 844 3726 6473 Passcode: 308799

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line: 1-587-328-1099 Meeting ID: 844 3726 6473 Passcode: 308799

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To join via internet browser

1. Please click the link below to join the webinar: <u>https://fntn.zoom.us/join</u>

- 2. Enter Meeting ID: 844 3726 6473
- 3. Passcode: 308799
- 4. Click the option " click here" (See image below)



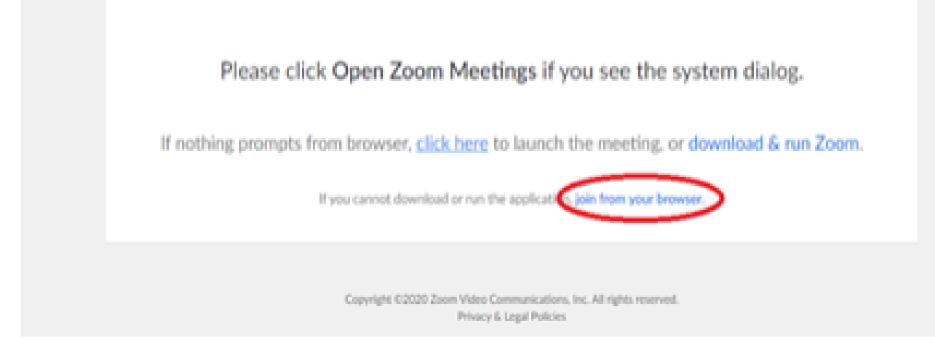
Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



Launching...



6. You will now join the webinar, by default all attendees of the webinar are muted.

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- 2. Enter Meeting ID: 844 3726 6473
- 3. Passcode: 308799
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

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