



"Taking Care of Our Own"

TRAINING BULLETIN

FREE TRAINING

LIMITED SEATS

Class hosted by Polk CISM Team

Class funded by Polk County Emergency Management with funding from
Tampa Bay Health & Medical Preparedness Coalition

TOPIC: **Stress Management for the Trauma Service Provider**
DATES: Wed and Thurs August 16-17th 8:30am-5:00pm
LOCATION: Polk County EOC—1890 Jim Keene Blvd, WH
INSTRUCTOR: Dr. Anne Balboni, ICISF Faculty
Please reserve your seat at cism@polk-county.net

Course Description:

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This important course is for all who work with traumatized people. Explore the "Stress Continuum," the levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, countertransference, compassion fatigue or secondary PTSD, and vicarious traumatization which may occur as a result of helping others. A discussion of coping strategies for those who work with traumatized children will also be offered. Individual self-report exercises and an experiential group support session will assist the participating trauma provider in assessing their own level of stress through sharing personal experiences with others. Stress management self care techniques will be presented, experienced and discussed. This course is appropriate for all mental health professionals, emergency services personnel, and peer counselors.

Program Highlights

The "Stress continuum"
Stress as related to work as a "trauma provider"
Stress management in relation to "context"
Stress "resilience"
Motivating factors for the work we do

Signs and symptoms of excessive stress
A variety of stress management techniques
Vicarious traumatization, compassion fatigue and burnout
Achieve resilience and effective self care
Working with trauma survivors

About the Instructor:

Dr. Anne Balboni is the state coordinator & clinical director of the state wide Rhode Island Critical Incident Stress Management TEAM, Inc. Anne earned a Masters in Education, a Masters in Counseling and a Doctorate in Psychology. Anne serves as a member of the ICISF Board of Directors as well as ICISF faculty member, authoring the CISM Applications with Children's course. She is an ICISF approved instructor for many ICISF classes. Anne has presented on crisis intervention topics internationally as well as assisted numerous groups in the development of crisis response teams. Dr. Balboni is a member of the Rhode Island Disaster Mental Health Task Force and serves as adjunct faculty at the Community College of Rhode Island in their Emergency Management \ Homeland Security Program. She has over forty five years experience in the field of education, twenty-eight years as an EMT and twenty one years as an EMT instructor. Private practice includes CISM intervention, education & consultation with emergency service organizations, veteran's organizations, schools & industry. Anne is board certified in traumatic stress and credentialed as a Diplomat with the American Academy of Experts in Traumatic Stress. She is a member of the International Association of Traumatic Stress Specialists.

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Polk Critical Incident Stress Management Team
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