



Coping with Caregiver Burnout and Compassion Fatigue: Strategies for Sustaining Well-Being



FEATURING:

- Kate Washington, Author of *Already Toast: Caregiving and Burnout in America*
- Practical tools and strategies to enhance the overall well-being of clients and professionals

Tuesday, March 4, 2025

2:45 PM – 4:00 PM ET

Live Stream Series

(Online Synchronous Training)

\$14.99 Early Bird Registration

After February 18th registration is \$19.99



Please register online at
www.ceucreationsinc.com

1 CREDIT HOUR APPROVED FOR:

- **Social Workers**
ASWB ACE – 1 CE Credit
New York State Education Department's State Board for Social Work – 1 Contact Hour
- **Case Managers**
CCMC – 1 Contact Hour
- **Nurses**
California Board of Registered Nursing – 1 Contact Hour
- **Counselors**
NBCC ACEP – 1 Contact Hour
New York State Education Department's State Board for Mental Health Practitioners – 1 Contact Hour

Attendance or applied credit certificate available for other credentials

Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTED BY:



Kate Washington, PhD
Speaker and Author

Kate Washington is the author of [*Already Toast: Caregiving and Burnout In America*](#) (Beacon Press, 2021) and a frequent speaker on the systemic challenges facing family caregivers. Her writing has appeared in *The New York Times*, *TIME*, *Eater*, *Catapult*, and many other publications. She holds a PhD from Stanford University and lives in Sacramento.

Thank you to our sponsors for their generous support!

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at support@ceucreationsinc.com.

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AGENDA

2:45 PM - 3:00 PM ET:	Log In and Virtual Networking
3:00 PM - 4:00 PM ET:	Presentation
4:00 PM ET:	Closing/Evaluation

This one-hour training is designed for social workers, counselors, case managers, and nurses who provide care to clients or patients. Caregiving, whether in a professional or personal setting, can lead to burnout and compassion fatigue, affecting the well-being and efficacy of the caregiver. This session will explore the warning signs of caregiver burnout and compassion fatigue, offering strategies for prevention and recovery. Participants will gain insights into how they can maintain their own well-being while supporting those in their care. The training is equally relevant to the populations clinicians serve and to the clinicians themselves as care providers, empowering them to build resilience in their professional and personal lives.

BY THE END OF THIS SESSION, THE PARTICIPANT WILL BE ABLE TO:

1. Identify key signs and symptoms of caregiver burnout and compassion fatigue in both personal caregiving and professional care roles.
2. Apply evidence-based strategies for managing stress, promoting self-care, and preventing burnout in their caregiving practices.
3. Develop a personalized action plan to maintain emotional resilience and sustain long-term well-being in high-stress caregiving environments.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive an email approximately 24 hours prior to the start of the event with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.


Target audience: Social workers, case managers, counselors, discharge planners, nurses and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/24-11/22/27] (renewal pending). Social workers completing this course receive 1 General continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 contact hour.

NURSES: 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 1 Contact Hour

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

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