



# COMMUNITY & FAMILY RESOURCES

*Inspiring prevention, treatment and recovery*

## Compassion Fatigue & DBT Skills- Instructors: Kayla Borja Frost, LMHC

9a-12p  
OR  
1-4p

November 15  
OR  
November 22

### **Purpose:**

1. Define the following terms in order to help providers reflect on their own experiences in the field: Burnout, Compassion Fatigue, and Self-Care.
2. Provide participants with a basic understanding of theories behind DBT therapy and opportunities to learn and practice DBT skills. We will discuss the applications of these skills for self-help, as well as scenarios involving clients in a variety of treatment settings.
3. To equip participants with a self-care plan (that includes DBT skills).

**Who Should Attend:** CFR Employees and Community Partners

**CEUs AVAILABLE:** 3.0 Counseling Theories & Techniques

**COST :** \$40

**Location: Web Based via Zoom**

**Register @** <https://cftraining.wufoo.com/forms/w4cvpmx0lqsfix/>

*Registration closes on 11/13/24*

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