

## Faculty at a Glance ...



**Kate Payne, JD, RN**, has worked in a variety of direct care and leadership roles in healthcare since 1979. Kate draws upon her education in nursing (BS, Rush University), law (JD, Pepperdine), and ethics (Fellow, MacLean Center for Clinical Medical Ethics, Pritzker School of Medicine, University of Chicago). Ethics has always been the focus of her practice, and she believes ethics should be personal and practical. For 17 years, she directed the Ethics and Palliative Care programs at Saint Thomas Hospital West in Nashville. Kate is an instructor in the School of Nursing at Vanderbilt University and Adjunct Assistant Professor in the Center of Biomedical Ethics, Education & Research at Albany Medical College. She lectures widely on healthcare ethics, business ethics, and related topics. Kate was named Tennessee Nurse of the Year in 2009.

## Sponsors:



295 Plus Park Boulevard, Suite 201  
Nashville, Tennessee 37217  
P: (615) 269-5355  
F: (615) 269-5413  
[www.mhamt.org](http://www.mhamt.org)

Founded in 1946, the agency formerly known as Mental Health Association of Middle Tennessee is now called Mental Health America of Middle Tennessee (MHAMT).

Its mission is to:

- ◆ Connect the community with specialized mental health and wellness resources
- ◆ Provide services that improve the quality of life
- ◆ Promote effective services where mental health needs exist

MHAMT believes that:

- ◆ Mental illness is real and treatable
- ◆ Every life is worth saving
- ◆ There is no health without mental health

This symposium is part of MHAMT's educational outreach. It reinforces our commitment to improving the quality of care for mental health consumers and to advancing research-based knowledge. It also serves as an important tool for professionals who work with mental health consumers.

### SEMINAR DIRECTIONS

Saint Thomas Midtown, formerly Baptist Hospital, is located at 2000 Church St. The Compassion Fatigue seminar will take place at the GSO Education Center near the Patient Pickup area on 21st Ave. If you are facing the horseshoe drive on 21st Ave, the GSO Education Center is to the left.

### SEMINAR PARKING

Free parking is available across the street in the 21st Avenue Visitor Parking Garage. Limited spaces are also available on the corner of Patterson St. and 21st Ave.



## Compassion Fatigue

**Mon - Dec 8 - 2014**

**1:00PM - 4:15PM**



**Saint Thomas Midtown  
GSO Education Ctr  
2000 Church St  
Nashville, TN 37236**

**\$45 Registration \* 3 CLE/CEUs**

**Qualifies as 3 Hours of Ethics  
for most professions!!**

**Register Online:  
[www.mhamt.org](http://www.mhamt.org)**

## Compassion Fatigue



For over 30 years, research has demonstrated that caring has its costs. We know that working with others who suffer from pain, abuse, and trauma has negative side effects on professionals and caregivers—many of which can be debilitating. This seminar identifies causes of compassion fatigue and arms you with powerful tools critical for your professional resiliency. Plan to attend so you can integrate these techniques into your practice immediately.

In this multi-disciplinary seminar you will also find that you are not alone as a professional. First responders, attorneys, counselors, and others all experience compassion fatigue. It's not your character that is weak, but it's sometimes the inability to have boundaries or say no. Come hear practical, proven methods to combat or prevent compassion fatigue.

### Symposium Objectives

Upon completion, participants will be able to:

1. Define compassion fatigue.
2. Discuss symptoms, causes, and consequences of compassion fatigue.
3. List interventions and competencies related to compassion fatigue.

### General Outline: Three Hours of Coursework

- 1—2pm** Definitions and descriptions of compassion fatigue, burnout, jading, and related phenomena.
- 2—3pm** Personal and professional risk factors: Symptoms, causes, and consequences of compassion fatigue.
- 3:15-4:15pm** How to decrease vulnerability to compassion fatigue through prevention, interventions, and competencies.



### Continuing Education Credits ...

**ACLF Administrators:** Approval for this course is pending for ACLF and RHA Administrators.

**Attorneys (CLE):** This seminar is approved by the TN Commission on Continuing Legal Education and Specialization for 3.0 Dual CLEs.

**LPCs:** TLCPA is a NBCC-approved Continuing Education Provider and a co-sponsor of this program. TLCPA may award NBCC-approved clock hours for events or programs that meet NBCC requirements. TLPCA maintains responsibility for the content of this event. 3.0 CEs of Ethics have been approved for this course.

**Mediators:** This seminar is approved for 3.0 hours of General Continuing Education (not Ethics).

**Nursing:** The University of Tennessee at Martin (UT-Martin) approves this program for .3 Continuing Education Units (CEUs). CEUs are awarded at the rate of one CEU for every ten hours of instruction. Upon completion of the program, the participant will have a permanent record on file with UT-Martin's Academic Records Office for this training. The participant will also be issued a Certificate of Completion from UT-Martin. Instructions for obtaining a copy of the non-degree transcript, may be found on the following website: [www.utm.edu/departments/registrar/transcripts.php](http://www.utm.edu/departments/registrar/transcripts.php).

**Social Workers:** NASW-TN has pre-approved this course for 3 hours of CEUs of Ethics for social workers.

**Certificates of attendance will be made available.**

## Registration: Compassion Fatigue December 8, 2014

Please print; complete one registration per participant.

<b>NAME</b>	
<b>FACILITY</b>	
<b>ADDRESS</b>	
<b>CITY</b>	
<b>STATE</b>	
<b>ZIP</b>	
<b>PHONE</b>	
<b>EMAIL</b>	
<b>CREDENTIALS</b>	(i.e. LCSW, RN, JD)
<b>DATE OF BIRTH</b>	(for Nursing Credit and Certificate only)

### REGISTRATION FEE

**\$45 prior to December 1, 2014**  
**(\$55 after Dec 1)**

*Registration and Cancellation: Registration includes the seminar and respective CEUs/CLEs. A substitute may attend in your place, as there is no refund. There are no discounts for attending only a portion of the seminar. MHAMT reserves the right to cancel the event due to unforeseen circumstances, in which case registrants will be contacted and credit will be applied.*

### PAYMENT (Please Check One)

Check (Payable to Mental Health America of Middle Tennessee)

VISA  MasterCard  American Express

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_

### Send completed registration with payment to:

Mental Health America of Middle Tennessee  
295 Plus Park Blvd, Ste 201  
Nashville, TN 37217

*\*Please note that the payment address is different from the physical address for the seminar.*

**Register Online: [www.mhamt.org](http://www.mhamt.org)**

Questions? Call (615) 269-5355 or email [tstarling@mhamt.org](mailto:tstarling@mhamt.org).