

# HEAL the HEALER

**Friday, March 13, 2020**

**9 a.m. - 3 p.m.**

**5.0 Contact Hours**

#### **Target Audience:**

Advanced practice nurses, nurses, counselors, licensed mental health providers, social workers, and all other interested healthcare professionals.

#### **Learning Outcomes:**

- Discuss the risks and prevention strategies related to compassion fatigue and secondary traumatic stress as it pertains to the professional role and personal health and well-being
- Apply different tools and intervention practices for maintaining career sustainability and alleviating the impact after a critical incident
- Describe an individualized plan of care including implementation plans for the community and work-life balance as derived from recovery practices and the restorative circle process

#### **Accreditation Statement:**

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This activity is provided for 5.0 contact hours under ANCC criteria.

#### **Joint Provider Statement:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Nurses Credentialing Center's Commission on Accreditation (ANCC) through the joint providership of the University of Nebraska Medical Center College of Nursing Continuing Nursing Education (UNMC CON CNE) (provider) and Behavioral Health Education Center of Nebraska (BHECN).

This program meets the criteria of an approved continuing education program for mental health practice.



#### **Registration link:**

<https://app1.unmc.edu/cne/20CE033/index.cfm>

**Course ID:** 20CE033

*Space is very limited (94 max).*

*Last day to register or request a refund is Monday, March 2, 2020.*

**Registration fee: \$50**

*Refunds will be granted if cancellation is received in writing before March 2, 2020. NO refunds will be honored after this date. A \$35 processing fee will be assessed for insufficient funds.*

Registration is not complete until payment is received. Credit cards, eChecks, Checks, UNMC cost center/WBS accepted.

#### **Location:**

Carol Joy Holling Conference & Retreat Center  
27416 Ranch Road  
Ashland, Nebraska



**University of Nebraska  
Medical Center™**  
COLLEGE OF NURSING

**BHECN**  
BEHAVIORAL HEALTH  
EDUCATION CENTER  
OF NEBRASKA

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## AGENDA



8:30 a.m.	Registration and Coffee	
9:00 a.m.	<i>Getting to Know You &amp; the Infinite/Finite "Pickle"</i>	Taryn Hughes
10:15 a.m.	Break	
10:30 a.m.	<i>Resilience Tools, Flags &amp; Rituals</i>	Taryn Hughes
12:00 p.m.	Lunch	
12:30 p.m.	<i>Self-Soothing Lab &amp; Boundaries</i>	Taryn Hughes
1:55 p.m.	Break	
2:05 p.m.	<i>Mapping Our Way Towards A Nourishing Future</i>	Taryn Hughes
3:00 p.m.	Conference Adjourns	

### Keynote Presenter: Taryn Hughes, Founding CEO, Forest Hughes & Associates



Taryn Hughes is the founder of Forest Hughes & Associates and creator of The Compassion Fatigue RESET™ program. A pioneer in somatic trauma recovery, Ms. Hughes has supported groups and individuals in coping with or overcoming physical, emotional, and relational trauma for the past 15 years and now focuses her entire body of work on helping professionals remain resilient and protected in the work they love.

Taryn has a decade of experience in one-on-one coaching, consulting, program development, and facilitation with reputable government and international institutions. She understands the moral complexity, exhaustion, and altered life path of professionals who serve our society's most vulnerable citizens.

As a former service provider for youth, serving life sentences w/o parole, she grappled with being "all-in" at work, while being "all-numb" and exhausted at home. Like many professionals who help, serve and protect others she was operating in a self-sacrificing paradigm that negatively impacted her life and health.

Today, in response to her journey and healing, she shares her skill and hope for healing with professionals exposed to trauma and suffering at work, knowing firsthand there is a way to skillfully serve others while maintaining health, happiness and a full life outside of work while still making a great difference in the world.

Ms. Hughes pursued studies in the International Human Rights and Humanitarian Law LLM program at European University Viadrina Frankfurt (Oder), Germany and completed her BA in Fine Applied Arts / Dance at Point Park University. Her training as a professional dancer launched her career in mind-body and movement therapy. She's trained in the Hakomi Method, somatic therapy and embodiment techniques and is certified in restorative practices, conflict resolution, trauma-informed program development and facilitation, mindfulness, yoga, and energetic healing. Her personal growth path includes the effective experience of Jung's Depth Psychology and TRE - Trauma Releasing Exercises.