

# A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:



## Compassion Without Burnout: Understanding and Overcoming Compassion Fatigue

### Presentation Overview

This training explores the causes, signs and strategies to manage and prevent compassion fatigue, particularly among professionals in caregiving, health care and human services. Participants will learn how chronic exposure to others' trauma and suffering can impact emotional well-being and professional performance. The session also emphasizes culturally and linguistically appropriate approaches to self-care and client interaction. Attendees will leave with practical tools to sustain compassion while maintaining personal resilience.

### At the end of the program, attendees should be able to:

- Define compassion fatigue, secondary traumatic stress and burnout, and differentiate among the three based on symptoms and impact.
- Identify at least three personal or workplace risk factors that contribute to compassion fatigue.
- Apply two evidence-based self-care strategies to mitigate the effects of compassion fatigue in daily professional practice.
- Demonstrate awareness of cultural and linguistic influences on expressions of distress and self-care practices among diverse populations.
- Develop a personalized action plan that incorporates culturally and linguistically appropriate strategies for maintaining emotional well-being in the workplace.

### 1.5 CME and CE Credits Offered



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CalOptima Health, A Public Agency

### EVENT INFORMATION

#### When:

Wednesday,  
September 10, 2025

#### Time:

Noon–1:30 p.m.

#### Where:

Zoom webinar

For questions, please email [continuingeducation@caloptima.org](mailto:continuingeducation@caloptima.org).

Space is limited! Please RSVP by Monday, **September 8, 2025**, through the link or QR code below:

<https://bit.ly/3Z6vLMh>



*In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please email [continuingeducation@caloptima.org](mailto:continuingeducation@caloptima.org) two weeks before the meeting date.*

# Guest Speaker:

Lorry Leigh Belhumeur, Ph.D.



Licensed psychologist Lorry Leigh Belhumeur, Ph.D., has served as Western Youth Services' (WYS) CEO for over 20 years. WYS is a leading provider of youth behavioral health programs in Orange County, including prevention, early intervention and services for youth experiencing extreme psychological distress and their caregivers. Belhumeur's expertise in adverse childhood experiences (ACEs) led to

groundbreaking initiatives, including ACEs training and co-developing the RESET Toolbox, a free online resource for resilience-building strategies and training. Her award-winning book, "Mastering Resilience: Transforming into Your Purpose," inspired the "Super Resilient Youth" curriculum delivered across school districts, charter schools, parent groups and nonprofit organizations. She is a TEDx speaker on ACEs and resilience.

**CME Accreditation Statement:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine, School of Medicine and CalOptima Health. The University of California, Irvine, School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Credit Designation Statement:** The University of California, Irvine, School of Medicine designates this virtual activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure:** All presenters and individuals who planned this event do not have financial interests to disclose.

#### California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, [www.meded.uci.edu/cme](http://www.meded.uci.edu/cme), for AB 1195 and AB 241 resources.

#### **CE Accreditation Statements:**

**BRN** — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

**CAMFT** — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. This course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

**NCHC** — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

## AGENDA:

Noon: Welcome/ Introduction — Carmen Katsarov, LPCC, CCM, Executive Director, Behavioral Health Integration, CalOptima Health

12:05 p.m.: Guest Speaker — Lorry Leigh Belhumeur, Ph.D., Chief Executive Officer, Western Youth Services

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

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