**Risch, Elizabeth (PS5-B)**

**Is Compassion Fatiguing? Reducing Secondary Trauma - The CE-CERT Model**

The negative effects of being exposed to the retelling of – and images of – childhood trauma are well-known in the field of secondary trauma. Most approaches aiming to lessen the effects of secondary trauma employ (after-hours) self-care strategies for “recovering from the effects” of exposure. In contrast to this self-care approach the **Components for Enhancing Clinician Experience and Reducing Trauma** model (**CE-CERT)** synthesizes evidence informed components from multidisciplinary sources into a model which help sustain the emotional regulation of the clinician/professional. Implementing the skills results in the enhancement of the real-time experience of the helper as they provide services and promotes immediate recovery after a difficult experience.

This overview of the model identifies the five key practice and supervision skills in the foundational source and relevant literature from which the model was developed.

The co-presenters for this breakout session are approved CE-CERT National trainers:

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Relevant publications: Miller, B and Sprang, G. (2016, January 28) A Components-based Practice and Supervision Model for Reducing Compassion Fatigue by Affecting Clinician Experience, *Traumatology*. Advance online publication