



Introduction to CE-CERT: Skills for Reducing Burnout and Secondary Traumatic Stress

Presenter: Lauren Garder, MA, LPC

Recorded on: May 14, 2026

Time: 2 Hours

Fifteen minutes

- Introduction and overview

One hour and 30 minutes

- Self-care is professional competency
- Burnout versus secondary stress
- Signs of secondary traumatic stress
- Risk factors
- Assessing and taking care
- Myths about wellness and secondary traumatic stress
- Compassion fatigue is a misnomer
- Compassion satisfaction
- Experiential engagement
- Reducing rumination
- Conscious narrative
- Reducing emotional labor
- Parasympathetic recovery

Fifteen minutes

- Summary
- Q&A and wrap-up

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