



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

Presenter: Lauren Garder, MA, LPC

Date: May 14, 2026

Time: 11:00 AM to 1:00 PM ET (*All times East Coast USA Local Time*)

- 11:00 — 11:15 am**
- Introduction and overview
- 11:15 am —12:45 pm**
- 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
- 12:45 —1:00 pm**
- Summary
 - Q&A and wrap-up

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P.O. Box 340, Brandon, VT 05733