

CPS Specialty Trainings

The Impact of Compassion Fatigue in Peer Support Work

Date and Time: Jan. 22, 2021: 9:00a.m. - 12:00p.m. **Trainer:** Mirna Herrera

Description: It is designed to address compassion fatigue that peer specialists may experience due to the empathic and caring support they provide for their peers. We will discuss what compassion fatigue is and how it happens, and learn how to identify warning signs. We will also learn about compassion satisfaction, the building blocks of empathy, and the important role healthy detachment and boundaries play in our self-care and self-compassion.

Trauma Informed Peers

Date and Time: Feb. 19th, 2021: 9:00a.m. – 12:00p.m. **Trainer:** Patricia Sams

Description: Trauma informed care is an integral aspect of peer support. Understanding a person’s situation, both past and present is critical for providing trauma informed supports. A peer worker’s ability to share lived experience and validate peer feelings, perceptions and experiences is often more of a healing process for people in recovery than the rigid and controlling therapy programs that are thrust upon people seeking help. In this training Peers will learn the six principles of trauma-informed care and how to apply those principles when working with other Peers.

CPS Tools & Interventions

Date and Time: March 19th, 2021: 9:00a.m. - 12:00p.m. **Trainers:** Sarah Earll & Toni Jordan

Description: Were you originally trained as a MRSS-P? Would you like to be trained in the new material in the Certified Peer Specialist training? Would you like to learn practical tools/interventions that you can utilize with your peers? This training will focus on tools/interventions that can help peers with problem solving, negative self-talk, and setting Recovery goals. The training will be interactive and allow you to practice the tools/interventions. Peer Specialists who were originally trained as a CMPS and would like a refresher are also welcome.

Contact Hours: 3 Hours, approved by MCB **Confirmation:** By E-mail

Cancellations: MUST be done 1 week before the training

To register: Please print or type your information below and return the form by e-mail to help@missouricb.com or by fax to 573-616-2303 or mail with check or money order to MCB, 428 E. Capitol Ave., 2nd Floor, Jefferson City, MO 65101.

Name _____

Address: _____

City, State, Zip: _____

Home or Cell: (_____) _____ - _____ Work: (_____) _____ - _____

Email address: _____

Each training will be limited to 30 people. To secure a spot in any of these trainings the MCB must have your REGISTRATION FORM and FEE in the office before you will be added to the roster, otherwise you will be placed on a waiting list until fee is received in the office.

Registration Fee: \$20.00 Each Training

If paying by CC (Visa, MC or Discover):

Credit Card Number _____ - _____ - _____ Expiration Date _____ / _____

Credit Card 3 Digit Verification Code: _____

*Note – there is always a possibility of MCB trainings being cancelled if there are not enough participants signed up. A 1 week notice will be provided to participants.