



## Mitigating Burnout and Managing Stress: Self-Regulation Strategies

**TRAINING TYPE:** RFC Annual

**COURSE HOURS:** 4

**DELIVERY METHOD:** ILT – Instructor-Led Training

**STC/BSCC CERTIFICATION #:** 03121655

### DESCRIPTION:

The purpose of this course is to identify different types of work stressors common in human service professions. Learn about creating a healthy workplace setting, the effects of stress on the body, and symptoms and stages of burnout. Identify individual prevention strategies and practice self-regulation exercises for responding to burnout, compassion fatigue, and vicarious trauma.

### Instructor:

**Lisa Maaca Bartlette,  
MSSA, Doctoral  
Student**

Lisa Maaca Bartlette is the founder of Lisa Maaca Inc., providing evidence-based, dynamic trainings, workshops, and keynote presentations to inform child welfare, juvenile justice, and other workforce professionals. Adept at storytelling and with years of education, research and professional experience, Lisa has made it her life's work to help those who are hurting to experience healing.



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