



Thursday Seminar

TOOLS FOR MITIGATING BURNOUT, COMPASSION FATIGUE & VICARIOUS TRAUMA aka "PREVENTING "SALTY SYNDROME"

Most everyone who signed up to work in the criminal justice system didn't think about the potential toll it could take on their emotional, physical and relational wellness. Being in the helping profession means being at risk for experiencing burnout, compassion fatigue and vicarious trauma. This effect can cause us to be "salty" or unempathetic, calloused and cause problems for us in our relationships at work and at home. Join Dr. Heather Williams as she increases our awareness and empowers us to increase tools for coping to mitigate "salty syndrome."

Heather Williams, PsyD - After spending the last 18 years responding to critical incidents in partnership with law enforcement and 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Dr. Williams established Premier First Responder Psychological Services. As a licensed psychologist, Dr. Williams provides individual, couples and EMDR therapy, 24/7 crisis response services, critical incident debriefing, peer support development, oversight, training/presentations, consultation and active shooter response and recovery coordination/crisis response services.

TRAUMA INFORMED CARE FOR CRIMINAL JUSTICE PROFESSIONALS

Being "trauma informed" is a phrase often heard these days as health and other service delivery systems seek to interact with people in a way that is most engaging and effective to support good outcomes. Understanding the nature and impact of trauma is also important to district attorneys because witnesses and other individuals key to successful case prosecution are likely to have experienced trauma. Trauma experiences are known to affect a person's brain functioning and other physiology, as well as their capacity to trust and engage in systems. This session is tailored to district attorneys, investigators, advocates, and other relevant criminal justice personnel, offering an overview of the principles of trauma and its impact on people. Understanding the effects of trauma and adjusting interviewing and other processes accordingly can support more effective interactions with key individuals in case development and prosecution.

Bren Manaugh, LCSW-S, CPHQ, CCTS, has more than 25 years' experience in trauma-informed care and developing resilience for both individuals and organizations. She is a certified clinical trauma specialist who has provided direct clinical services, had executive responsibility for medical and behavioral health services providing trauma-informed care, developed and delivered trauma training curricula, and served as the executive lead to transform an organization to trauma-informed care, incorporating 1,400 employees and 27 facilities.

Date/Time: Thursday, September 23, 2021 (1:30 p.m. – 3:30 p.m.)

Zoom Registration Link: https://us02web.zoom.us/webinar/register/WN_Uyo8j9d-QNyEmT5eHRxczQ

You must register in advance by clicking on the link above. To receive MCLE live/participatory credit, you must attend the training by using the "Click here to join" link you receive in your registration email.

Attorneys and Paralegals must sign in on Zoom with their full name and D.A. email address to document attendance for MCLE. The MCLE Certificate will be sent, via email, **after** the seminar. Please submit your completed MCLE certificate, within 30 days, to the Training Division at mcarpenter@da.lacounty.gov.

This seminar is open to ALL Los Angeles County District Attorney employees and peace officers only. Retired prosecutors and peace officers may attend. Individuals who represent criminal defendants or represent plaintiffs suing law enforcement may not attend. Former District Attorney law clerks may not attend.

MCLE: 2 Hours MCLE - 1 Hour - General; 1 Hour - Competence
(Must sign-in and complete Certificate of Attendance for credit)

Cost: FREE

This seminar has been approved for Minimum Continuing Legal Education credit by the State Bar of California in the amount of 2 hours. The Los Angeles County District Attorney's Office certifies that this seminar conforms to the standards for approved educational activities prescribed by the rules and regulations of the State Bar of California governing MCLE. **Please note, there is no compensatory overtime for attending this seminar.**