

FREE CME Event

3-hours: nurses, social workers, medical assistants, caregivers

Lunch will be provided both days

Thursday, April 12th

Winslow Chamber of Commerce 10:00-2:00
523 W. Second St.

Friday, April 13th

Show Low Solterra 11:00-3:00
5408 AZ Hwy 260



Seating is limited, please register at: <http://CompassionSatisfactionSL.rsvpify.com> - Show Low

<https://cmecompassion.app.rsvpify.com/> - Winslow

Compassion Satisfaction: How to Thrive as a Helping Professional

Martha Teater,
MA, LMFT, LPC, LCAS



Martha Teater is a licensed marriage and family therapist and sees individuals, couples, and families dealing with a wide range of concerns.

She is a Diplomate with the Academy of Cognitive Therapy, this highlights her training and experience in providing cognitive-behavioral therapy.

Martha enjoys doing training and consultation around the behavioral treatment of chronic pain, **compassion fatigue**, DSM-5 diagnosis, evidence-based treatments for trauma, and ethics.

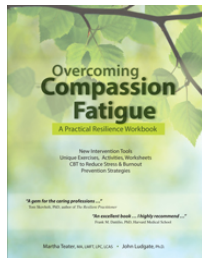
Having been a therapist for a long time, Martha still enjoys helping people make changes in their lives that help them be more content and successful.

Overcoming Compassion Fatigue: A Practical Resilience Workbook

Martha Teater, MA, LMFT, LPC, LCAS - John Ludgate, Ph.D.

The workbook's focus is on the stresses that may come while working as a helping professional and how to use CBT strategies to effectively take care of yourself while doing this challenging work.

(Included free with registration)



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