

Dr. Alexis Kennedy

<http://compassion.alexiskennedy.org>



Dr. M. Alexis Kennedy is a trauma researcher at the University of Nevada, Las Vegas. After over two decades of research in the areas of human trafficking and child abuse, she began researching compassion fatigue to learn more about the cumulative effects of working with victims.

Dr. Kennedy is a certified trainer on Compassion Fatigue & Vicarious Trauma (www.tendacademy.ca). She was also in the inaugural certificate program of Strategic Resilience for First Responders (Langara College Health and Human Service). She completed the mental health providers' SyNAPSE Integrative Approach to Personalized Wellness Training in 2017 (Dr. Joan Borysenko).

Compassion Fatigue for Criminal Justice Professionals

This 2-hour presentation contrasts compassion fatigue, vicarious trauma, burnout and moral distress. The physical, behavioral and psychological signs of stress are presented. Solutions for early intervention strategies are covered. As this training covers potential addiction issues, this training has been approved for CLEs related to addictions.

Learning Objectives

- Defining compassion fatigue and vicarious trauma
- Distinguishing burnout and moral distress
- Identifying symptoms of chronic stress
- Contrasting physical, behavioral and psychological signs of compassion fatigue
- Developing early intervention strategies

Additional Topics

The Biological Effects of Stress

This two-hour presentation covers the biological effects of stress on the body. The neuro-biology of both short-term and long-term exposure is covered. Solutions for reversing damage are presented.

Kitchen Table Groups on Compassion Fatigue

One hour bites or “kitchen table conversations” are available for small groups. Five one-hour work shops include: 1. Understanding compassion fatigue; 2. Understanding warning signs and developing early intervention strategies; 3. Strategies for workplace reduction of compassion fatigue; 4. Self Awareness and mindfulness to stay ahead of compassion fatigue; 5. Finding a work/life balance.

For more information, please contact:
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PTSD Prevention in First Responders

This three-hour presentation presents background information on the development of PTSD. The progression from stress response to stress dysfunction is discussed. Risk factors and prevention strategies are explored.

Resilience

This two-hour presentation presents the qualities of resilience. Positive psychology, antidotes to negative cognitions and healthy living strategies are covered.

Mindfulness Based Stress Reduction

This two-hour presentation contrasts emotional and physical pain. It outlines the roles of mindfulness in stress reduction based on the latest research findings. Experiential learning and dialogue will help participants explore mindfulness.