

building resiliency TRAINING



The Building Resiliency Training explores the components of secondary traumatic stress, a normal consequence of working in a helping field and provides participants with:

- Information on the signs and symptoms
- Resources on self assessment and coping
- Active skills to combat secondary traumatic stress and build resilience



WHO IS IT FOR?

This training is for any agency or Multidisciplinary Team in North Dakota that works with victims.



TRAINING TEAM

ND has trained several trainers in Compassion Fatigue 101. Trainers are from various disciplines and all over the state so we can meet your team's unique needs.



TRAINING INQUIRY

To request training for your staff or Multidisciplinary Team fill out the Training Inquiry Form online. We will try our best to meet your training needs in a timely manner.



COST

Training is currently provided free of charge. We ask that you cover travel costs.



CUSTOM SESSIONS

Training length can be adapted to fit your needs but is typically taught in an hour and a half to two hours. However, customized session up to a ½ day are available.



CONTINUING EDUCATION

Organizations may apply for their own CEU's. *CEU's have previously been approved for the following organizations: Social Work, Psychologist, Counselors, Nursing, Law Enforcement Post Credits, and Legal CLEs*



CONTACT

For more details or questions about Building Resiliency Training, email info@buildingresiliency.org