



# Resilience Strategies for Institutions of Higher Education: Techniques for Self-Care and Compassion Fatigue Prevention

## Live and Virtual Trainings by Request

In partnership with the U.S. Department of Education, Office of Safe and Supportive Schools, the Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center is pleased to offer the *Resilience Strategies for Institutions of Higher Education: Techniques for Self-Care and Compassion Fatigue Prevention* training topic in the Train-the-Educator format. Available through the [Live Trainings by Request](#) and [Virtual Trainings by Request](#) programs, this training presents approaches to resilience for faculty, staff, and administrators and can be delivered in person or virtually. For each training modality, the REMS TA Center will provide — free of charge — training materials, as well as one or more live subject matter expert trainers and staff support for the event hosted at your site or online.



**Live Training by Request**  
Facilitated on-site at your campus



**Virtual Training by Request**  
Delivered online through a videoconference platform

Learn resilience strategies that you can use to increase your ability to work more effectively with peers, students, faculty, and staff impacted by stress, loss, and trauma brought on by emergency events, including, but not limited to, community or family violence and economic hardship. Important concepts covered include dimensions of compassion fatigue, including occupational burnout, the unique aspects of institution of higher education (IHE) campus culture and climate, the relationship between trauma and resilience when crises occur, the development of a self-care plan, and [Psychological First Aid](#). This training can assist IHEs in their health, social, emotional, and behavioral recovery efforts before, during, or after an emergency event. Below, you will find information about each synchronous training format.

	Live Training by Request	Virtual Training by Request
<b>Duration</b>	4 hours	4 hours
<b>Number of participants</b>	25 minimum participants 40 maximum participants	25 minimum participants 475 maximum participants



## TRAINING OBJECTIVES

During this course, participants will

- Acquire hands-on skills, and learn about the steps to prevent compassion fatigue, occupational burnout, secondary traumatic stress, and vicarious traumatization;
- Assess their wellness; and
- Strategize how they can maintain a work-life balance to promote recovery and healing.

## WHO SHOULD ATTEND

- IHE administrators, faculty, and staff;
- IHE counselors, clinical staff, and mental/behavioral health staff;
- IHE students; and
- Community partners, such as local mental/behavioral health practitioners.

## NEXT STEPS

### APPLY



Complete and submit the Training by Request Host Site Application Form to [info@remstacenter.org](mailto:info@remstacenter.org) at least 45 days prior to the requested training date. You will receive an email notification acknowledging receipt of the application within 3 days of applying. If you do not receive this, please contact the Help Desk at (855) 781-7367 [REMS] or [info@remstacenter.org](mailto:info@remstacenter.org).

### AWAIT CONFIRMATION



The REMS TA Center and the U.S. Department of Education review the application. If it is approved, we will send an email with documents attached, including a Host Site Agreement and Planning Checklist. If the application is not approved, we will send an email with instructions for resubmittal.



## FOR MORE INFORMATION

(855) 781-REMS (7367) [info@remstacenter.org](mailto:info@remstacenter.org) [@remstacenter](https://twitter.com/remstacenter) <https://remstacenter.org>