

Caring Safely Module 11-3

Content Evolution: Modifying Content

In This Module

- Updating content
- Creating content for niche population
- Creating content for elaborating on a specific topic
- Type of activities to include in workshops
- Using handouts

Updating Content

- What you tried, what worked, what didn't work, what you'll try next
- Updating content from new research or experience
- Incorporating feedback from workshop participants

How Caring Safely evolved:

2008 – 1st full day workshop– *Compassion Fatigue, Vicarious Trauma and Burnout*

2011 - 2nd full day workshop – *Smart Strategies for Helping Professionals*

2013 – Online Self-study – *Compassion Fatigue: Recognize, Reduce, Restore and Review for Coaching Clients*

2016 - *Caring Safely* – Personal Level – 6 Modules

2017 - *Caring Safely* – Professional Certification – 12 Modules

Niche Population

- What do you know about that population
- What are the common struggles in the workplace – from the service users and from management/organizations.
- What are the common struggles for the service providers who work in that field
- What are the service provider's strengths
- Find research about compassion fatigue or burnout within that population
- Find examples or stories that align with their experiences

Specific Topic

- Are you going deep into once specific topic?
- Give various definitions of topic
- Give multiples experiences/stories
- Elaborate on the research on that topic
- Give more strategies for that specific topic
- Give more time to practice the strategies

Example: My presentation on Vicarious Trauma for Multidisciplinary Team on preventing vicarious trauma – Emotional Regulation for the Service Provider

Activities

Break up the workshop with various types of activities:

- Large group assessment/scaling
- Large group discussion (you asking questions and generating discussion) – keep on topic and watch for disclosure of graphic trauma details.
- Small group discussion – you may have a discussion question for them to review as a small group (4-5 people).
- Dyad – two people discussing – easier to manage – each person gets certain amount of time and you announce when they switch
- Individual reflection/assessment
- Group practice – all practicing a strategy that you're leading

Handouts

- Using handouts to trigger behavioral activation
- Gives them something tangible to take home
- Can turn group activities into handouts
- Include your contact information in the footer

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