

Stop Healthcare Burnout Now. I'll Show You How.

The Transformative Power of Feeling Safe

Learn how to feel safe in an unsafe environment. I use humor to demonstrate how our perceptions and behaviors change when we go from feeling safe to feeling that we are in danger.

Objectives: : Identify the three stages of the PolyVagal Theory.
Discuss the importance of Social Engagement.

The 9 Steps of Healing Care

It's time to step up your game and bring change. The 9 Steps of Healing Care offers nurses a simple but powerful and effective spiritual approach to systems change.

Objectives:: Identify the 9 Steps of Healing Care.
Discuss the importance of spiritual power.

What burnout does to your body & your life

The effects of burnout continue whether you are at work or at home. Your family feels them too! Your family deserves your focus and your care, not the effects of your burnout.

Objectives: Identify burnout behaviors.
Discuss the physiological effects of burnout.

Four Defenses Against Healthcare Betrayal

Defenses are coping mechanisms that facilitate your ability to provide continuing care when you are overwhelmed. They are not something to be judged but rather to be understood.

Objectives: Identify four betrayal defenses.
Discuss the behaviors that these defenses elicit.

Kathy Allan RN, HN-BC, HTCP/I-R, SEP is an author, speaker and frequent podcast guest. Her book "The Nurse Who Said No" is available on Amazon and at bookstores. She is a member of SAG and has appeared in theater, films and comedy clubs.

"Kathy Allan presents the material with openness, humor and compassion. She does it in a field of gentle holding. I came away with more self-compassion and acceptance.

Paula West M.D.

Additional Speaker topics can be found at: traumafreenursing.org
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