

## **BETTER TOGETHER**

2018 ATSA Conference | Thursday October 18 | 10:30 AM – 12:00 PM

**T-10**

### **Looking After Ourselves**

#### **It's Not Just My Cell Battery That's Always Low! Health, Wellness, Research and Self-Care to Prevent Secondary Trauma and Burnout**

Andrew Mendonsa, PsyD, MBA, QME  
Andrew Wakefield, MA  
SHARPER FUTURE

I. The *wellness and self-care section* of this presentation will address the idea that the therapist's well-being is essential to effective treatment. The degree to which the therapist takes excellent care of him or herself determines effectiveness in the treatment room. In this section, the presenters will introduce a self-assessment that is simple to take and effective in giving participants a snapshot of their life. It points to areas of one's life that one can choose to focus on to restore balance and improve well-being. This assessment can be used over and over with many different applications. Participants will take the assessment, identify an area of focus, create **Specific, Measurable, Attainable, Realistic and Timely (SMART)** goals and set up an accountability plan that will move their life in the direction of balance and well-being.

II. The *research section* of this presentation will present recent and cutting-edge research around the causes, effects and prevention of burnout and vicarious trauma. A substantial portion of the section will review and discuss best practices and innovations related to the identification, treatment, and management of burnout and trauma.

III. The *application section* will highlight current national and international trends in strategies being used to address vicarious trauma. In addition, significant attention and discussion will focus on culturally-based theories, sensitivities and interventions proven useful when incorporating approaches with family, colleagues, and organizations.

#### **Learning Goals:**

*Participants will*

- Understand the differences between trauma and burnout from working with juvenile versus adult sex offenders and how burnout presents differently;
- Learn the necessity of excellent self-care for effective treatment;
- Understand current and best practices applications, trends and research related to burnout and vicarious/secondary trauma;

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- Recognize the warning signs and etiology of secondary trauma and impairment;
- Learn how to use assessment tools to prioritize self-care goals in one's personal life;
- Do an assessment during the workshop and come away with a SMART goal that they can decide to begin working on immediately;
- Learn about resources and tools from around the globe that can be used in clinical supervision and staff training/onboarding programs.

For over a decade, **Dr. Mendonsa** has provided treatment and assessment to forensic populations, including sex offenders. He has provided care in settings including state and federal prisons, jails, outpatient clinics, state hospitals and private practice. He is a licensed California psychologist specializing in clinical and forensic psychology and has been involved in high-profile legal cases. Dr. Mendonsa's training outreach has included community and clinical supervision presentations aimed at educating professionals on forensic and clinical topics and interventions. He is commonly featured on local and national media outlets discussing substance abuse and forensic self-care topics. He currently serves as a Regional Director for a large, well-established California forensic agency, Sharper Future, and in that role oversees state parole sex offender contracts in two large California regions. Dr. Mendonsa is responsible for the treatment and Containment Team Model adherence of almost 700 state-mandated parolees. He supervises professional, intern and student-level staff. He holds an Independent Practitioner designation from the California Sex Offender Management Board. He has presented a variety of topics at local, regional, state and national conferences.

**Mr. Wakefield** has provided evaluation and treatment to forensic populations, including adult and juvenile sex offenders, for the past several years. He has provided care in various settings including hospitals, jails, inpatient units and outpatient clinics. He is a certified California Sex Offender Management Board Independent Practitioner. He is licensed in California as a Marriage and Family Therapist. He is employed as a Deputy Regional Director with Sharper Future where he oversees the day-to-day sex offender assessment and treatment operations in the Central and Northern California Regions. He was instrumental in training and operationalizing statewide the use of a Visual Reaction Time (VRT) measure aimed at measuring the sexual interest levels of adult sex offenders. Mr. Wakefield works within the Containment Team Model in California to deliver innovative and evidence-based interventions to sexual offenders. He is a state certified Trainer for the LS/CMI. He has been featured on national podcasts speaking on forensic, mental health, and substance abuse topics. He has conducted presentations on topics including law and ethics, clinical supervision, forensic assessment, psychopathy and self-care for various law enforcement agencies, universities and both private and public organizations.

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### **The Resilient Professional: Establishing Career Sustaining Behaviors**

Kayla Pedigo, MCoun  
Jason Byrd, MCoun  
James Osborne, MCoun  
Aspire Human Services

Working with individuals who have high demands or who are categorized as high risk takes an incredible toll on professionals. However, working with the sexual offending population can be an incredibly rewarding field. Research has been devoted to exploring burnout, particularly as it relates to working with individuals who have committed sexual offenses. Recent research has explored ways in which a professional can enhance career sustaining behaviors to increase resiliency in preventing burnout. Often, individuals working in the human services field do not recognize the signs of burnout until it is too late and they are already struggling, sometimes without even recognizing why. Learning what burnout is and how to recognize the signs of burnout in oneself, or in their organization, aids in recovering from a burnout reaction. Understanding and applying career sustaining behaviors can help the professional promote resiliency in their career.

#### **Learning Goals:**

- The first goal of this presentation is to help the attendees to learn how to identify signs of a burnout reaction. The participants will have the opportunity to learn about the most common signs of a burnout reaction and then will be given an opportunity to reflect on how these signs have manifested in their own lives. The presenters will be sharing the dynamic, research-driven signs of burnout as well as anecdotally what they have noticed in their own combined 25 years of experience working with highly challenging clientele.
- The second goal is to help the attendees learn to identify ways to promote resiliency in their personal and professional lives. Career sustaining behaviors (CSB's) will be introduced and discussed. The presenters will have a discussion on what CSB's are particularly useful on an individual level, as well as what strategies are useful on an interdisciplinary level for the entire team or organization. Attendees will be able to identify resilient ways they can cope with their own unique burnout symptoms.
- The third goal will be to help attendees learn ways to continue working with challenging populations. Challenging clients deserve the same excellence of care that a traditional client would receive. In order to provide this level of care, the clinician must be well and learn how to stay well. Being burnt out can lead to unintentional ethical violations, which could be detrimental not only to the

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attendees but also to the clients receiving care. The presenters' ultimate goal is to have the attendees leave the session with a deeper understanding of resilient ways to enhance career sustaining behaviors.

**Kayla Pedigo** is a Licensed Clinical Professional Counselor in Idaho. Kayla is currently employed as the Clinical Director at Aspire Human Services. She also volunteers as a clinician for a nonprofit organization specializing in sexual assault, domestic violence, and victim advocacy. Kayla has experience counseling individuals with intellectual and developmental disabilities, sex offender populations, children, adolescents, families, and survivors of domestic violence and sexual assault. She received her Bachelor of Arts in psychology from Indiana University Purdue University-Indianapolis. In 2014, she received her Master's in Counseling from Idaho State University. She is a member of the American Counseling Association (ACA), a Nationally Certified Counselor (NCC), a clinical member of the Association for the Treatment of Sexual Abusers (ATSA), and is recognized as a senior level sex offender treatment provider by the Idaho Sex Offender Management Board (SOMB).

**Jason Byrd** is a Licensed Clinical Professional Counselor in Idaho. Jason is currently employed as the State ICF Clinical Director at Aspire Human Services. He has over 16 years of experience working towards the prevention of sexual abuse and violence. Jason graduated with a Master's in Counseling from Idaho State University in 2008. Later that year, he attended a Sexual Offender Treatment Specialist Program at Ohio University. Jason worked in Boise with adolescents with intellectual and developmental disabilities (IDD) who had inappropriate social/sexual behaviors from 2008-2010. At the same time, he was working in Pocatello with adult males and females living with IDD who also had inappropriate social/sexual behaviors. Jason co-created a specific treatment program for individuals with IDD who have inappropriate social/sexual behaviors called The Journey in order to better help this specific population. He is a member of the American Counseling Association (ACA), a Nationally Certified Counselor (NCC), a clinical member of the Association for the Treatment of Sexual Abusers (ATSA), and is recognized as a senior level sex offender treatment provider by the Idaho Sex Offender Management Board (SOMB).

**James Osborne** is a Licensed Clinical Professional Counselor in Idaho. James has experience providing group and individual counseling to individuals with intellectual and development disabilities who have committed sexual offenses. He received his Bachelor of Science in psychology from Brigham Young University-Idaho in 2012. In 2015, He received his Master's in Counseling from Idaho State University. He is a member of the American Counseling Association (ACA), a Nationally Certified Counselor (NCC), and is a clinical member of the Association for the Treatment of Sexual Abusers (ATSA).