


FourC Occupational Trauma
Change through Collaboration



Scan the QR code to sign in, or use the link in the chat.

1

**Competency
Session 4**




Beginner

Expert


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Put it in the Chat

- Any reflections on your Social Connections Map?
- Did you use Low Impact Processing with a peer or resilience buddy? How did it go?



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Competency Pretest



4



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What do we mean by Professional Competency?

“The habitual and judicious use of communication, knowledge, technical skills, clinical reasoning, emotions, values, and reflection in daily practice for the benefit of the individual and community being served.”

(Epstein & Hundert, 2002; p.37)

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Why Focus on Competency?

Higher levels of job satisfaction
Lower job stress related to job role
Better Job Performance
Greater innovation
Lower STS symptoms

FourC Occupational Trauma

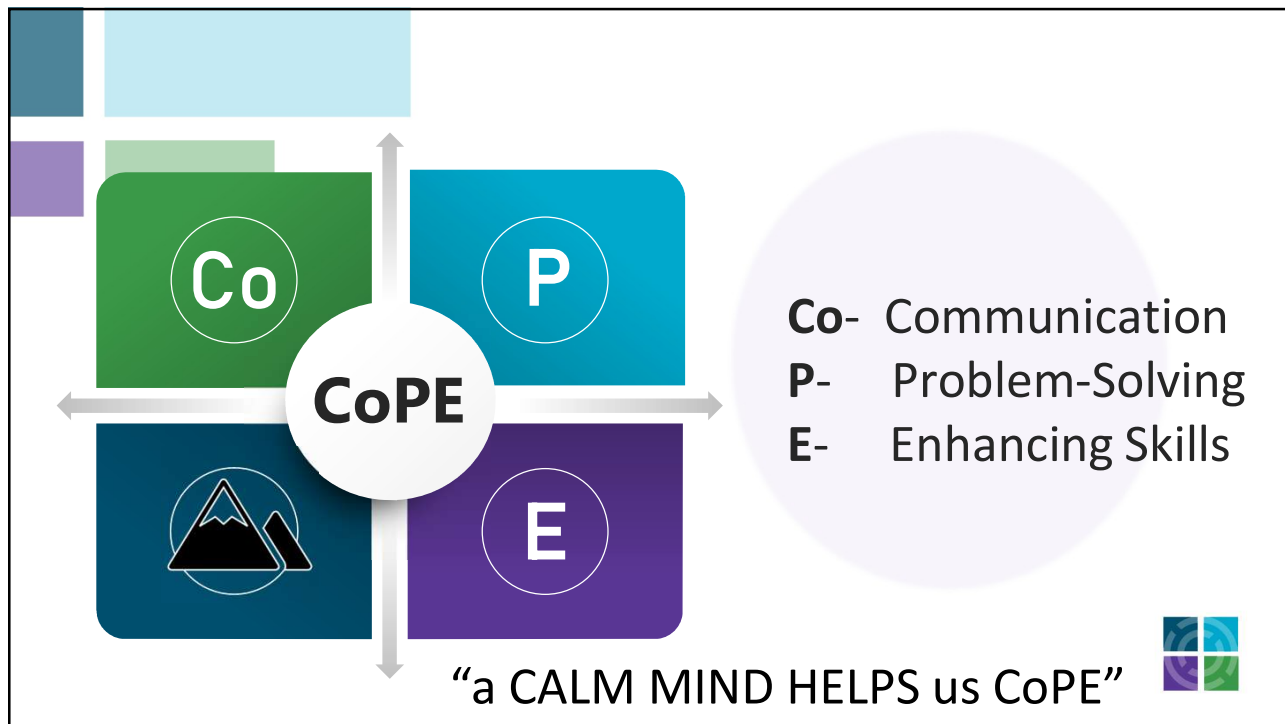
Kontilla et al., 2018; Liu et al., 2019; Mustaqim et al., 2023; Nurgaliyeva et al., 2023; Strolin-Goltzman et al., 2024; Vila et al., 2014; Wu, 2024; Xu et al., 2025; Zakari et al. 2020

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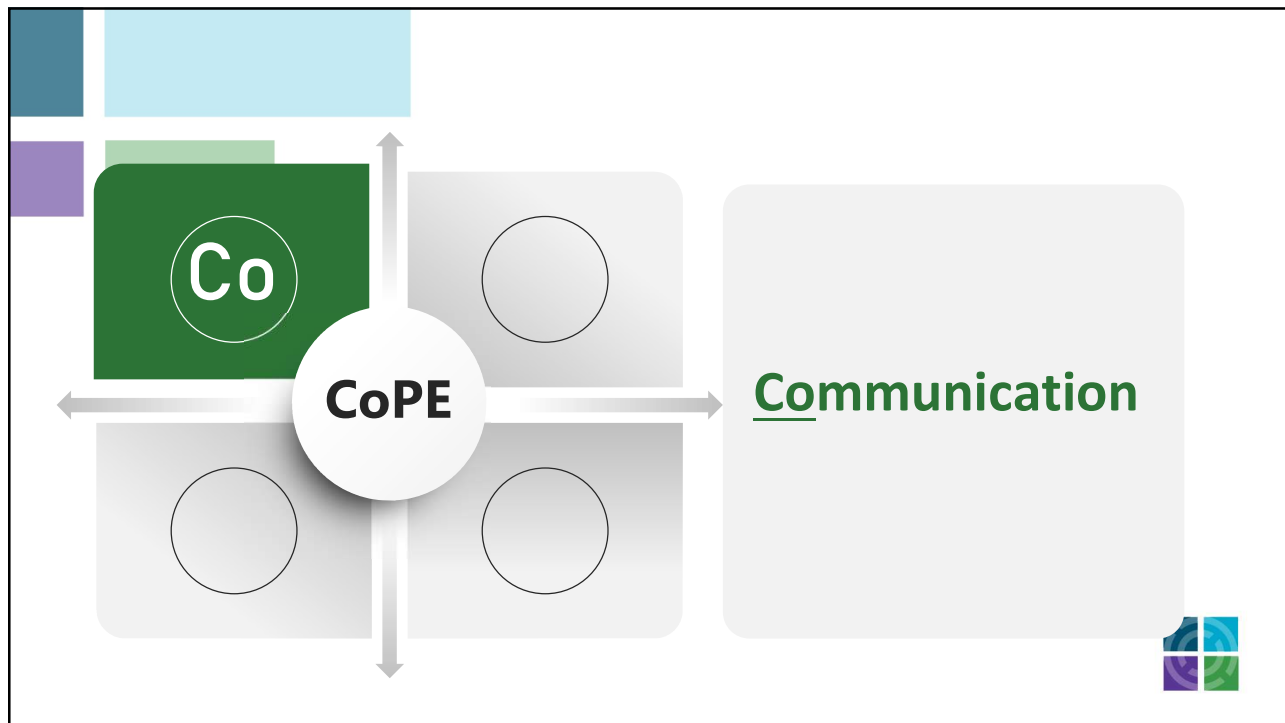
Competency

Goal: To enhance professional competence in handling reactions to indirect trauma exposure through the use of individual and organizational strategies that increase awareness of personal strengths and resources, and to have the ability to marshal these assets.

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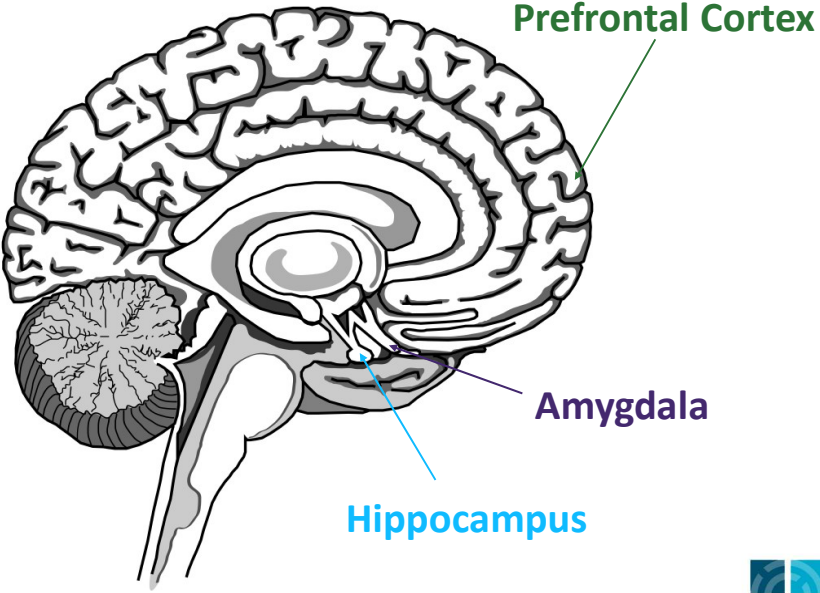
Decorative colored squares (dark blue, light blue, purple, green) in the top left corner.

Case Example: Julie



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Decorative colored squares (dark blue, light blue, purple, green) in the top left corner.



Prefrontal Cortex

Amygdala

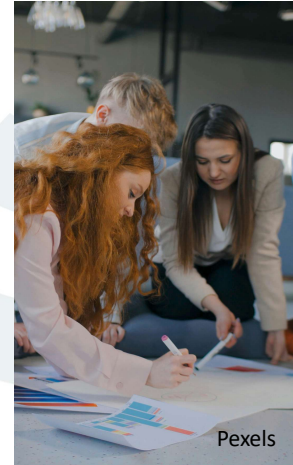
Hippocampus



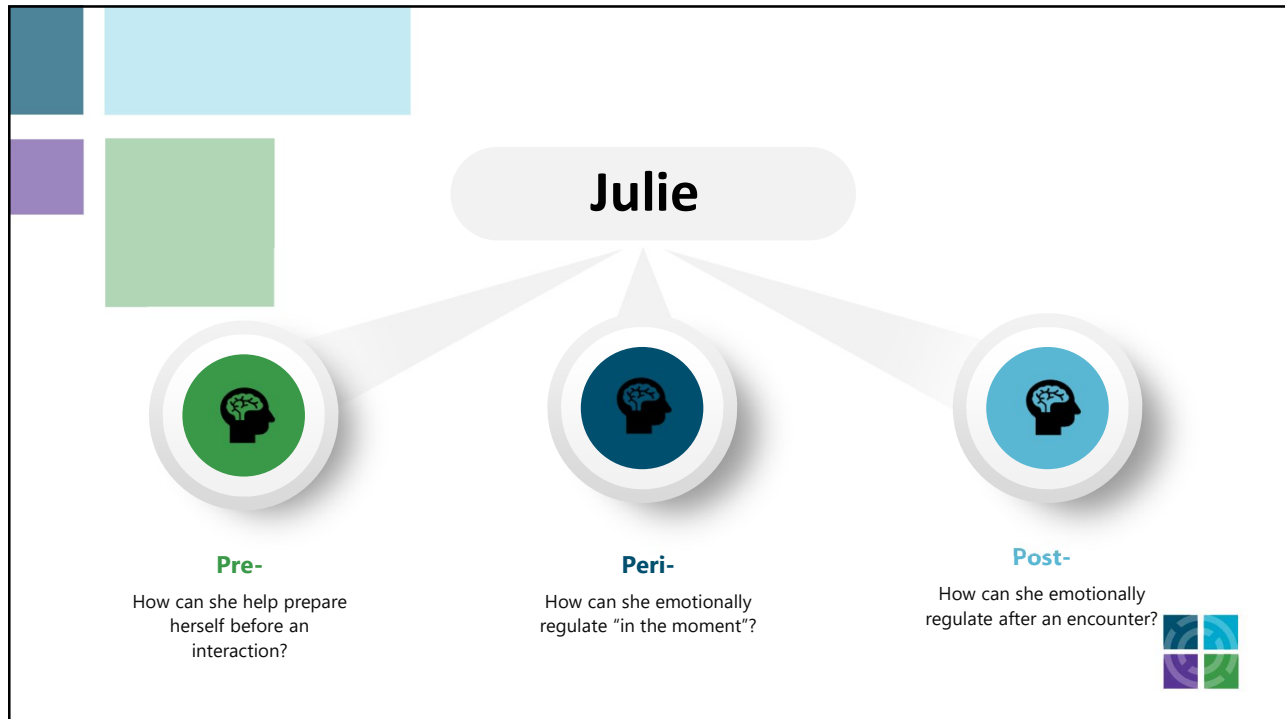
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Managing our Emotions When Experiencing Occupational Distress


- Be emotionally self-aware
- Be aware of others in the situation
- Develop our toolbox
- Communicate what you need in the moment



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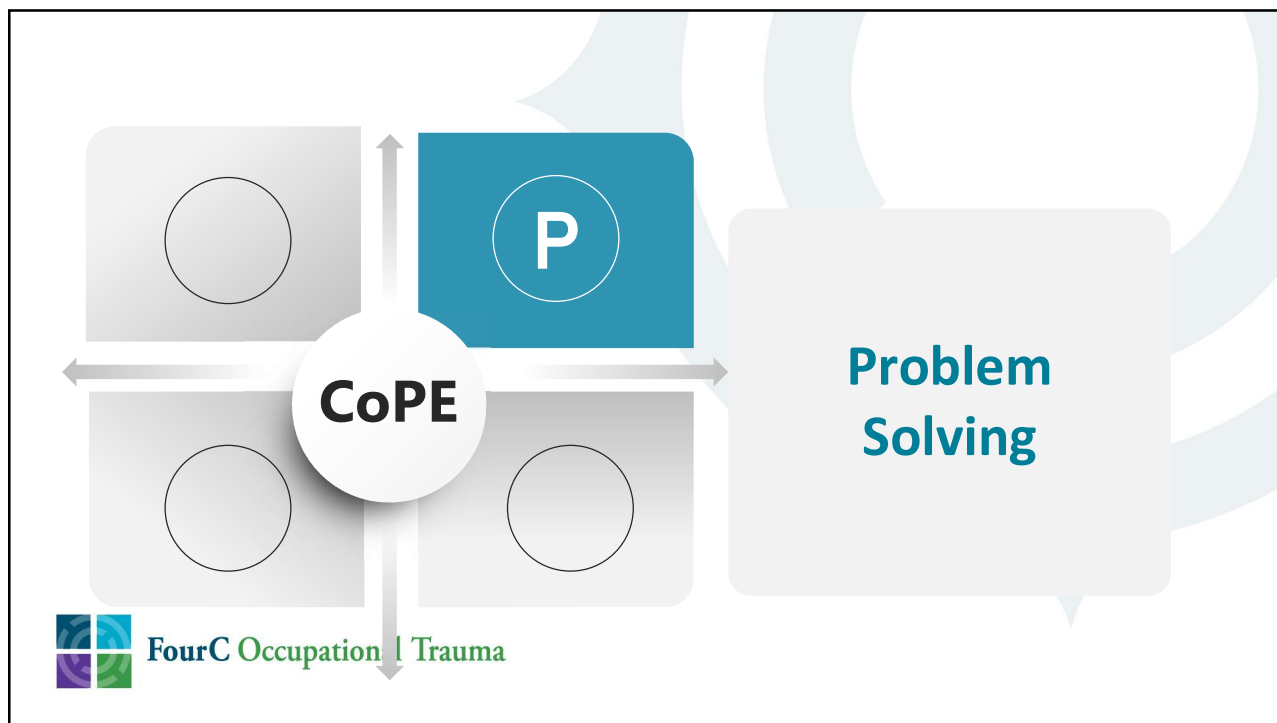


Share Out in the Chat

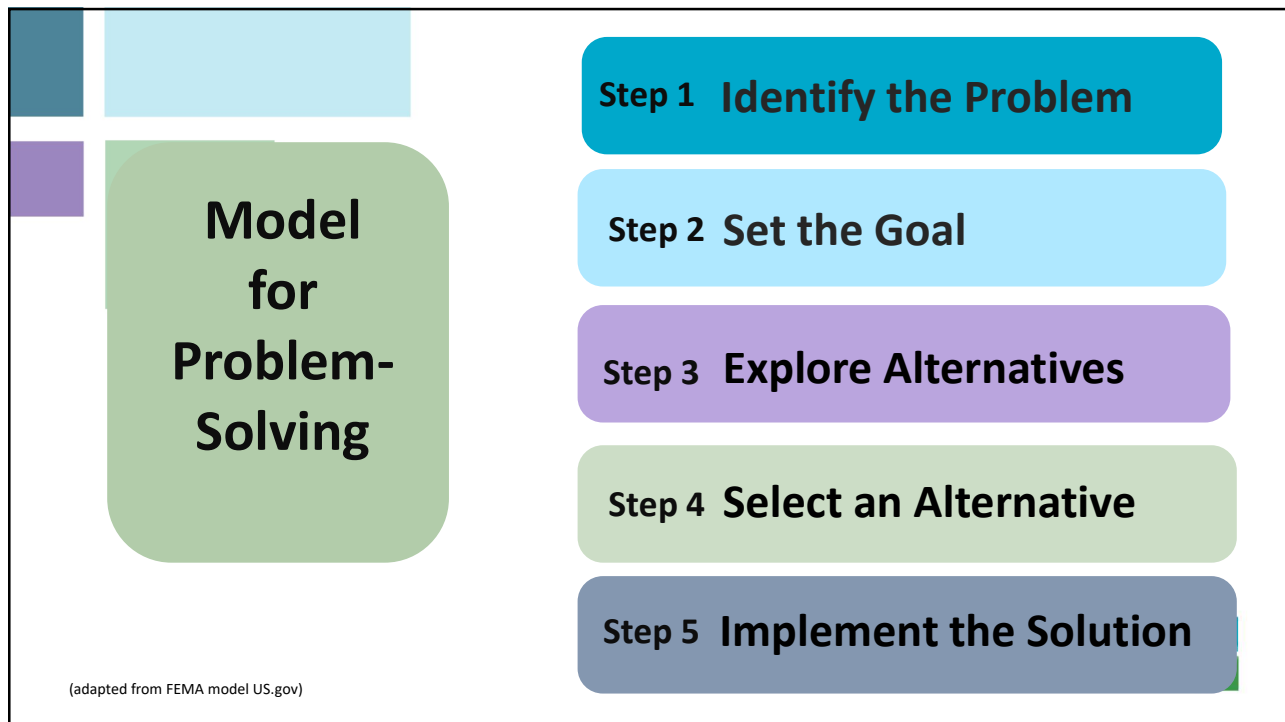
Share one of your “Go To” emotional regulation skills for Pre, Peri, or Post



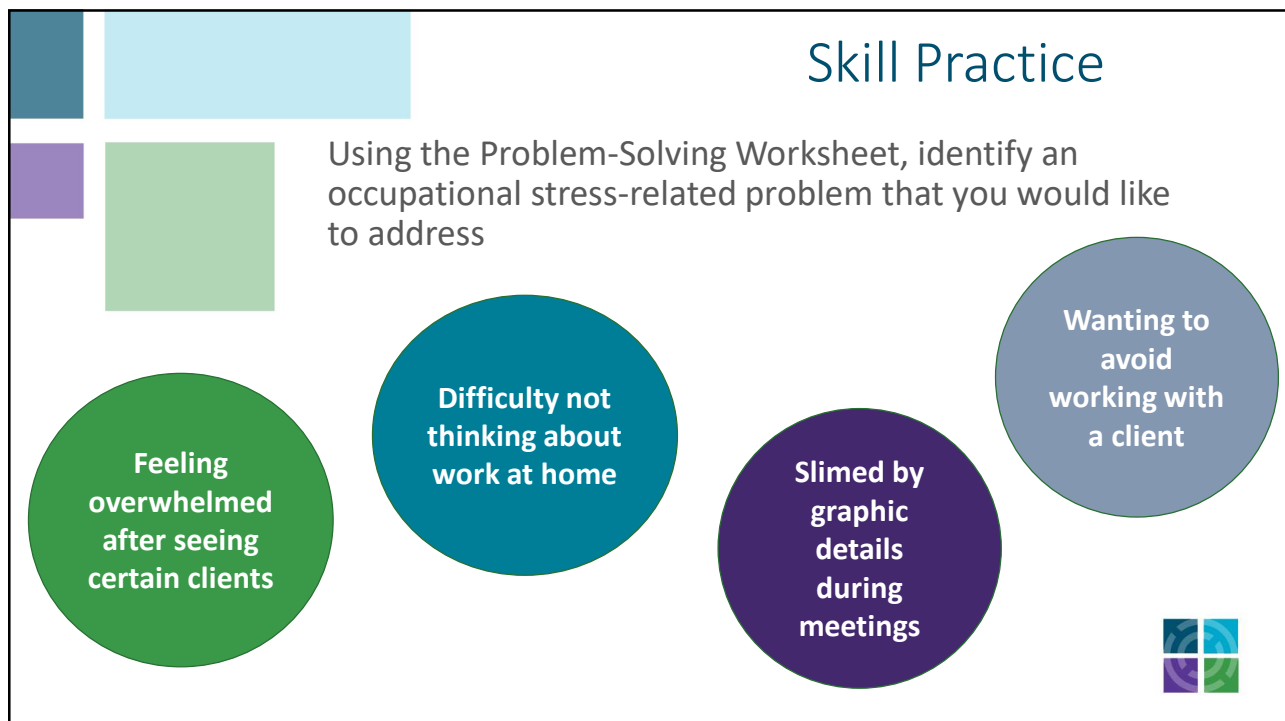
15



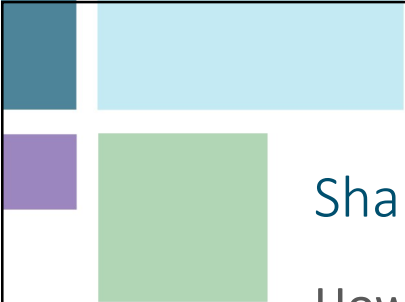
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Share Out

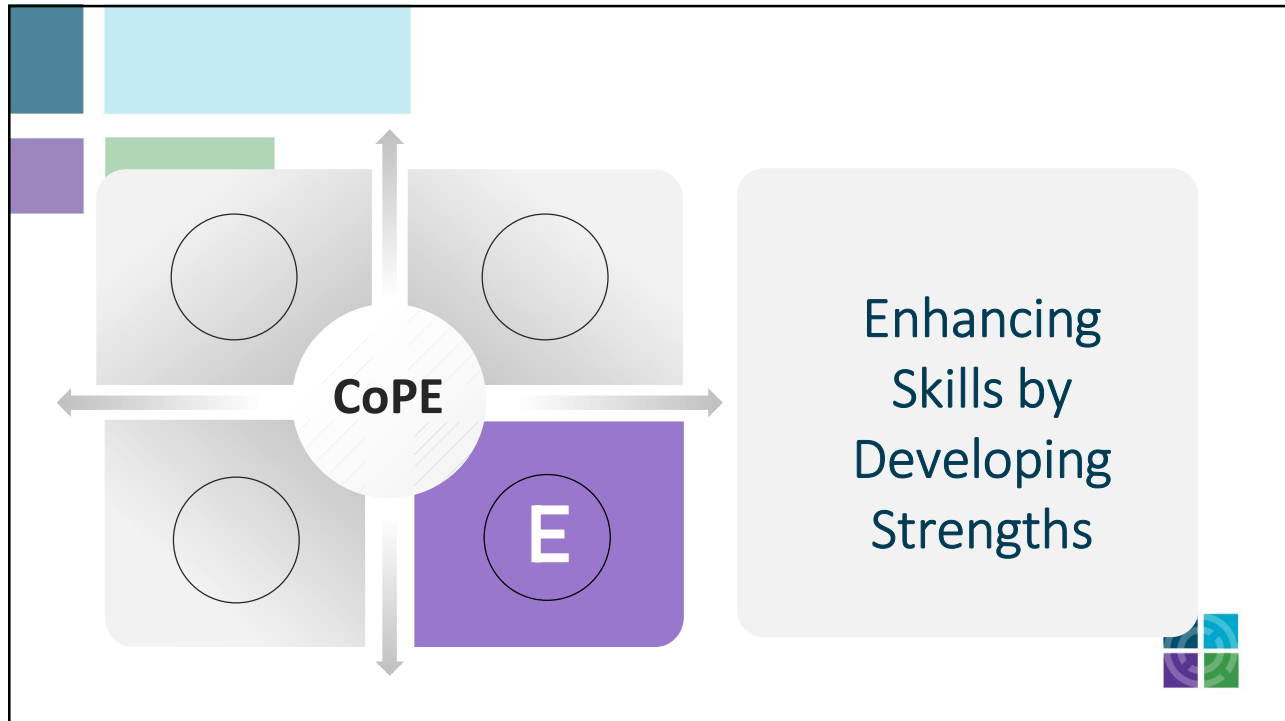
How did the Problem-Solving model work for you?



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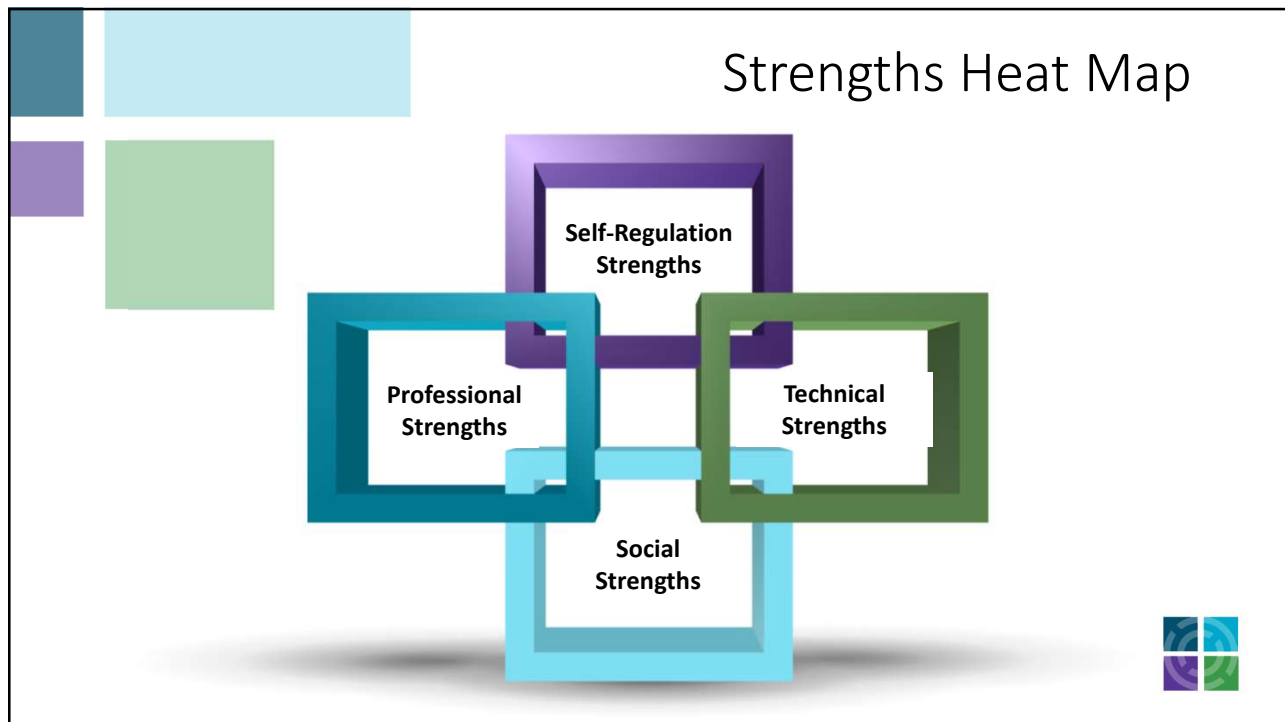
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Strengths

- Associated with work-related well-being and work performance
- Opportunities to identify one's strengths has been found to be associated with increased positive affect, work satisfaction, and lower levels of burn out
- Increasing job-specific knowledge has been found to be associated with lower levels of STS, compassion fatigue, and higher levels of compassion satisfaction

Aminihajibashi et al., 2022; Craig & Sprang, 2010; Deblinger et al., 2026; Harling, et al., 2020; Meyers & van Woerkom, 2017; Miglianico et al., 2020)


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The slide, titled "Skill Practice", contains the text "Let's create your Strengths Heat Map!" above a large QR code. The QR code is intended to be scanned to access a resource for creating a Strengths Heat Map. A small logo consisting of four colored squares (purple, teal, green, light blue) is located in the bottom right corner of the slide.

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Breakout Group: Sharing Your Strengths

- We have created 4 breakout rooms – one for each of the four strengths categories.
- Self-select into the strengths breakout room in which you scored yourself the strongest.
- Quickly share ways in which you have developed this strength.
- Be prepared to share one piece of advice for building strength in this area that you want to share with the larger group.




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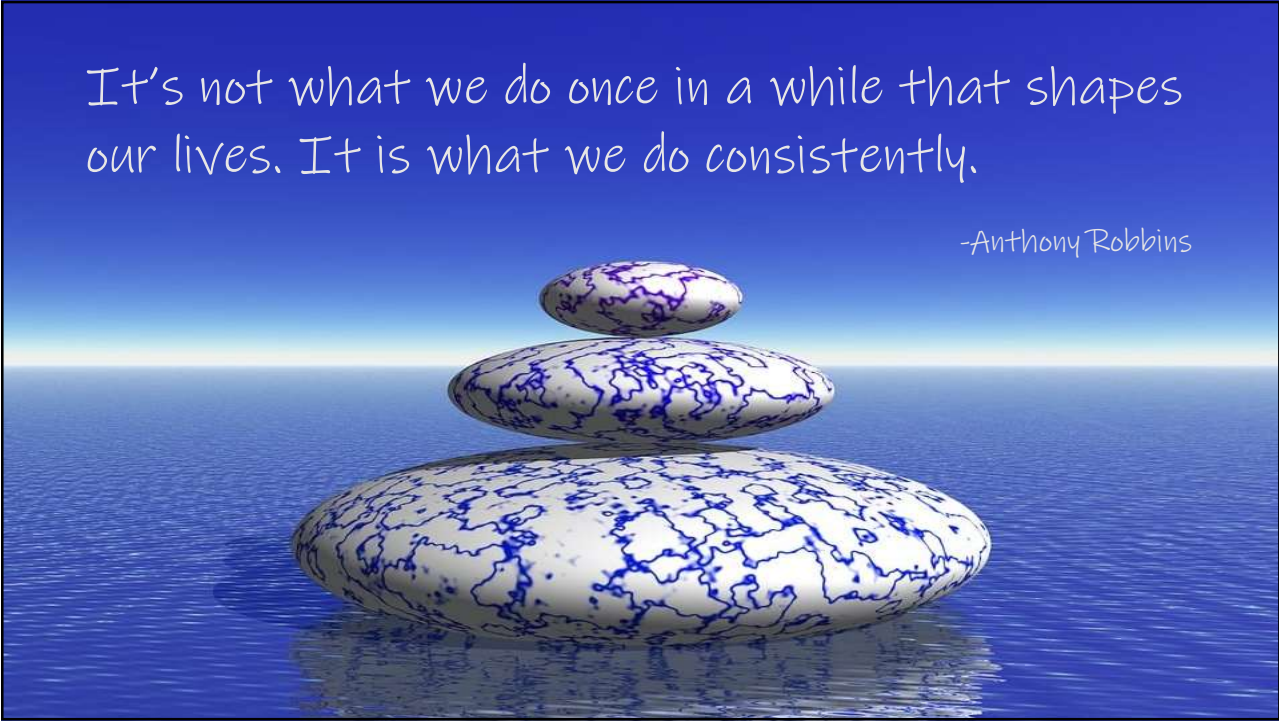


Share out

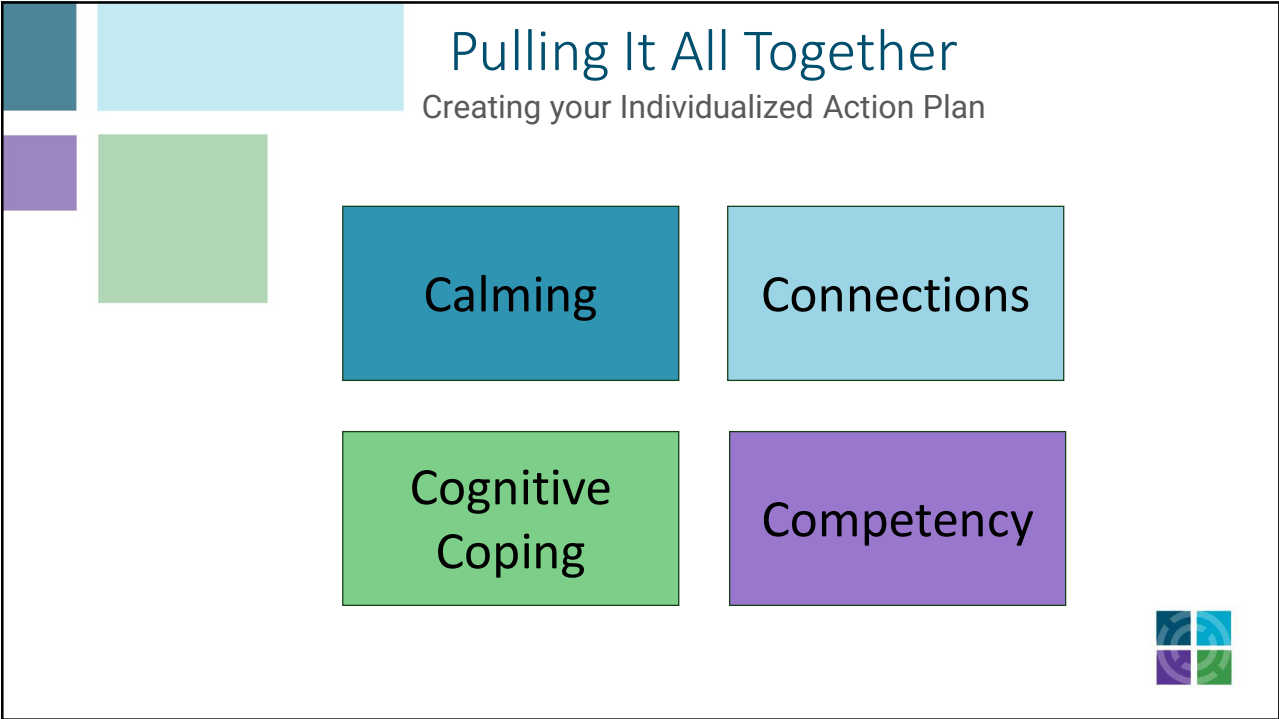
What is 1 piece of advice you want to share on how to further development strengths in your area?



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Create your Individualized Action Plan




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Mentimeter

Tell us about the strategies you have chosen



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Posttest Evaluation



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thank you!



Please sign out

Scan the QR code to sign out, or use the link in the chat.



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