

Save The Date

A 2-PART SERIES

**OCT. 22 &
OCT. 29, 2026**
9-10:30AM

FREE TO NHP NETWORK
REGISTER AT
[PDH.NHPRAE2.ORG](https://pdh.nhp Rae2.org)

About Our Trainer



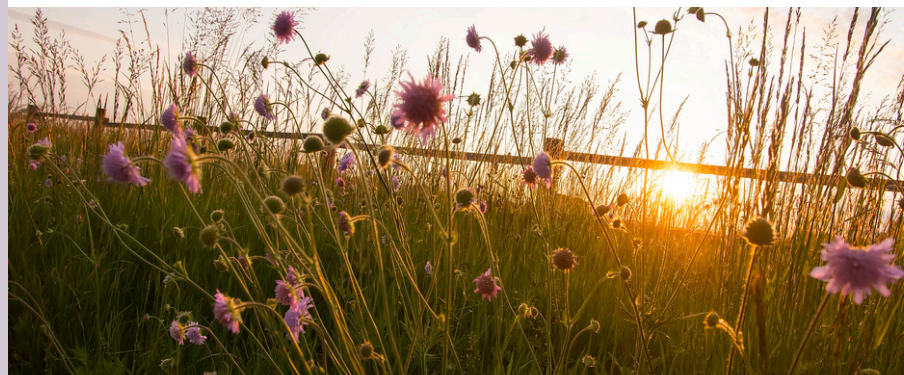
**Doreen Hills, Master Trainer
with the Complex Trauma
Training Institute &
Consortium, Boston MA |
Founder, Director, and CHTA
Provider**

Doreen isn't just a therapist; she's a seasoned guide who has walked alongside individuals through their most challenging journeys for over two decades. Holding a remarkable array of credentials – LPC in Colorado, LMHC in New York, NCC, CCJTS, CCFC, Certified EMDR Therapist, and CCTP – Doreen's expertise is as deep as it is broad. Learn more about Doreen and her work [here](#).

Questions? Please email:
training@nhpllc.org

NHP PROFESSIONAL DEVELOPMENT

You Matter: Understanding the Wounds Within, The Hustle & Bustle of our Changing World, and our Choice & Power to Take Care of us



Overview

Join us for our upcoming training on compassion fatigue and vicarious trauma. In this two-part series we will cover,

- Objectivity Versus Resiliency on the Context of Self Care
- The Big R's of Caring for Ourselves
- Burn Out, Secondary Traumatic Stress, Vicarious Trauma
- Perceptual Maturation
- Code of Care - as Individual and as an organization
- Polyvagal Approach to self-care
- Regulatory and Grounding Strategies - Easy hacks for daily living

This session will be interactive and is open to the entire NHP network.

