



“From Corrections Fatigue to Fulfillment™”

8-hour Course

Evidence-informed and data-driven

- **Explanation** of the psychological dynamics behind the negativity of the corrections workplace and its costly consequences
- **Strategies** to increase staff well-being and to improve the organizational climate and culture



Caterina Spinaris, PhD, LPC, the course's author, is Desert Waters' founding Director,

and a Licensed Professional Counselor with 34 years of clinical and training experience, 17 of which involved treating and training corrections employees.

Based on corrections-specific research in psychological trauma, trauma theory, and Positive Psychology principles.

- * Unquestionably needed by all who work in corrections
- * Previous graduates call it career-saving, relationship-saving, maybe even life-saving
- * Practical and easy to grasp by both new and veteran employees, and by managers
- * Can be modified to address either line staff and/or supervisor interests and concerns
- * Individual worksheet activities and small group work
- * Customized versions for staff at adult institutions, probation and parole, juvenile justice community staff, juvenile justice institution staff, and new hires (4-hours)

Topics

1. Nature, causes, signs and effects of Corrections Fatigue
2. Strategies for individual self-care
3. Strategies for professional fulfillment
4. Organizational strategies for a positive workplace climate and a healthy organizational culture

Award

International Association of Correctional Training Personnel 2016 Commercial Program Award of Excellence

<http://desertwaters.com>

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