



CE-CERT

COMPONENTS FOR ENHANCING CAREER EXPERIENCE
AND REDUCING TRAUMA

GENERAL INFORMATION

CE-CERT is a trauma-informed and skills-based model for improving wellness, and reducing secondary traumatic stress and burn-out among helping professionals. CECERT was developed by Dr. Brian Miller (2017).

Target Audience

A career in the helping professions can be both extremely rewarding and challenging. This is true for healthcare providers, teachers, case managers, peer support, therapists, support personnel and all members of organizations that are tasked with supporting others in healing, health, and growth. Workers may experience burn-out, compassion fatigue, secondary traumatic stress, and both work satisfaction and performance may be impacted.

Model Formation

CE-CERT is based in psychological and health research demonstrating the capacity for humans to consciously affect the body's automatic stress response and reset after emotionally distressing experiences. The CE-CERT model, while novel as an approach to workers, is founded in well established mental health treatment for managing stress and recovering after trauma experiences. Thus, it is evidence informed and has been selected for dissemination as a promising practice by the National Child Traumatic Stress Network (NCTSN).

Core Concepts

CE-CERT consists of five developmental skills that can be cultivated to maintain emotion regulation of practitioners during helping sessions with persons who may be dealing with difficult circumstances. The aim of the skill development is to improve emotion regulation and to increase the meaningfulness of the job and satisfaction in the vocation. The five skill domains are:

1. Feeling the Feels (Experiential Engagement)
2. Stopping the Spin (Decreasing Rumination)
3. Creating Your Story (Conscious Narrative)
4. Finding Joy (Reducing Emotional Labor)
5. Reset and Recover (Parasympathetic Recovery)

Approach

As a skills model for individual workers to learn and apply, CE-CERT empowers individuals to improve their own wellness with skills under their control. Additionally, CE-CERT is a model for supervisors and leadership to learn and apply in their organizational culture and supervision of workers.

Resources

Miller, Brian (2021). Reducing Secondary Traumatic Stress. Routledge. Miller, B. & Sprang, G. (2017). A components-based practice and supervision model for reducing compassion fatigue by affecting clinician experience, *Traumatology*, 23, 153-164. DOI:10.1037/TRM0000058



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Implementation of CE-CERT

Essential Model (minimum)

- Full day (6 hour) training of all involved staff from a certified CE-CERT trainer.

Full Implementation Model (optimal for full organizational adoption)

- Full day (6 hour) training of all involved staff provided by a certified CE-CERT trainer
- Half day (4 hour) training for supervisors
- 10 follow-on (1 hour) supervisor consultation calls

Training Costs

Training: Full day **\$3,600**

- Certified CE-CERT trainer
- Can accommodate up to 100 trainees per event

Supervisors' Training: Half day **\$1,200**

- Training specifically for staff in supervisory roles

Consultation **\$2,000**

- Certified CE-CERT consultant
- One group per 12 supervisors
- 10 total sessions

Total adoption cost (Essential Implementation) **\$3,600**

Total adoption cost (Full Implementation) **\$6,800**

*Total adoption cost does not include trainer(s) travel costs, which would be a requirement of the contract.

*Large organizations might require additional training days and consultation groups based on numbers of participating employees and supervisors.

Contact for Training

For questions or to begin the scheduling process, please visit our website at <https://oklahomacecert.com/learn-more/>

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