

## Nurturing the Nurturer: Caregiver Distress

An NHPCO webinar with Deborah Grassman NP  
**Wednesday, January 24, 3:00-4:30 PM Eastern**  
**Registration Below**



Caregiving is hard.  
Caregiving can  
wear you down!

Have you been told to be “more resilient” or to “work smarter, not harder?” Using platitudes to discount legitimate feelings can cause those feelings to become buried alive in our bodies and unconscious mind. These kinds of platitudes might make us feel guilty because it isn’t always possible to be more resilient or work smarter. Well-intentioned platitudes misused to discount feelings can lead to “burnout” and secondary traumatic stress.

Join Deborah Grassman & Angie Snyder  
for  
**Stress, Secondary Trauma, and the Caregiver Brain**  
Wednesday, January 24, 3:00-4:30 PM Eastern



Deborah Grassman is a Nurse Practitioner. She is the author of two books (*Peace at Last* and *The Hero Within*), a contributing author for four textbooks, has 25 published articles,



Angie Snyder is the Executive Director of Opus Peace, a non-profit organization with a mission of "helping people learn to heal the relationship that they have with themselves." She is a featured speaker

and there are five documentary films featuring her work, as well as providing a TED talk on *Soul Injury*.

at the Soul Injury Institute on the topics of: PTSD, Caregiver Distress, Veteran Care, and Wholistic Tools.

Please forward to anyone you think  
would be interested in this FREE webinar!

To register:

[https://nhpco.zoom.us/webinar/register/WN\\_nNeaqLIBQv63XILJfUVeoA](https://nhpco.zoom.us/webinar/register/WN_nNeaqLIBQv63XILJfUVeoA)

### Nurses will receive 1.5 CEUs provided by Opus Peace.

**Counselor certifications** in Florida provided by WESTCARE for: Addiction Professional (MCAP), Addiction Professional (CAP), Addiction Counselor (CAC), Behavioral Health Case Manager (CBHCM), Behavioral Health Case Manager Supervisor (CBHCMS), Behavioral Health Case Manager Supervisor (CBHCMS), Prevention Professional (CPP), Prevention Specialist (CPS), Mental Health Professional (CMHP), Recovery Peer Specialist (CRPS), Recovery Support Specialist (CRSS), Recovery Residence Administrator (CRR), Gambling Addiction Counselor (CGAC), Tobacco Treatment Specialist (CTTS), Telehealth Practitioner (CTP), Community Health Worker (CCHW), Child Protection Team Medical Provider (CPTMP), Peer Specialist (NCPS)

**Counselor certifications in non-Florida states** provided by WESTCARE as a NAADAC-Approved Education provider offering training and education for those who are seeking to become certified/licensed, for those who want to maintain their certification/license at the state or national level, for those who want to add to their education, and for those from other disciplines who want to learn more about substance use and co-occurring disorders.



*This webinar will count toward your We Honor Veterans partner activity education requirements. If you are unable to attend, it will be posted on the We Honor Veterans website [here](#)*

Deborah Grassman is a Hospice Nurse Practitioner.  
She is the Founder of Opus Peace, a non-profit organization that provides educational programs to help people heal the relationship they have with themselves with self-help tools that address Soul Injuries -- a wound to your sense of self.



CLICK HERE TO LEARN MORE on SOUL INJURY & OPUS PEACE TOOLS

[CLICK HERE](#) to learn more about Opus Peace programs

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