



Supporting Others, Supporting Yourself:

Leveraging Self-Care Strategies to Promote Professional Wellness

Professionals who help community members access essential benefits and resources often carry significant emotional demands in their daily work that can take a toll on personal well-being. How can we recognize when our efforts are leading to compassion fatigue, secondary trauma, or burnout? In this interactive session, we'll explore the similarities and differences among the three and learn practical strategies to address them through effective self-care. We'll also examine common barriers to self-care, discuss ways to overcome them, and help you define what self-care means for you. The session will conclude by creating a personalized self-care plan.

Thursday, October 1st, 2026
10:00-11:15am ET

[Click Here to Register](#)

This event is only open to MIPPA Leads & BECs

Meet Our Presenter



Amanda Krisher, MSW, LCSW, brings over 15 years of direct practice and program management experience to the National Council on Aging where she serves as the Associate Director for Behavioral Health in the Center for Healthy Aging. A seasoned professional in the older adult care industry, she previously was the Senior Director for a live virtual training program for older adult care professionals and a clinical social worker for a community health program and hospice organization. She received her Master of Social Work degree from the University of Maryland School of Social Work in Baltimore and is a Licensed Certified Clinical Social Worker in Maryland and Virginia. As a leader in older adult care, she has presented at national conferences and statewide meetings.

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