

400 N. ERIE BLVD., HAMILTON, OH 45011



MAY 14TH  
8:30 A -  
1:00 P  
PROGRAM  
BEGINS AT  
9:00 A

# BAD NEWS BOMBARDMENT

REGISTER AT:



**Do you feel bombarded by a constant exposure to distressing information (eco anxiety, news, politics, violence, war)?**

Join us in exploring the psychological, emotional, and physical impact of this phenomenon with ways to address challenges of information overload, compassion fatigue, and secondary trauma. Learn and apply evidence-based techniques for re-regulation, mindfulness, intentional information consumption, stress management, reframing, cognitive restructuring, media & technology limitations, and setting healthy boundaries to mitigate the impact of chronic stress. Strategies will be shared for professionals to use for themselves and their clients to navigate media exposure, manage distress effectively, and foster resilience in personal and professional settings.

**Trainer:** Alison Fienning, MSW, LISW-S, LMHC, CCTP, EMDRIA-Pinpoint Behavioral Health Solutions. CEU's approved for OCPD Board and OCSWMFT Board.

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