



DAY FOUR – THURSDAY, JUNE 30, 2022 – 11:30 AM

Burnout and Resilience: Supporting Ourselves as We Support Those Around Us

Session Description:

Trauma is a given if you work in criminal justice, in suspects, defendants, victims, witnesses, and even colleagues. A better understanding of the effects of trauma and how to mitigate them will help you work more effectively with those in trauma and protect yourself from the long-term effects of secondary trauma on mental and physical health, relationships, and work. This session will cover the definition and prevalence of trauma, how trauma affects the brain of persons in trauma and those interacting with them, the steps to mitigate secondary trauma in interactions with those in trauma and distress, and long-term strategies to bolster wellness to protect against secondary trauma and compassion fatigue.

BIO:

Katharine Manning is the author of *The Empathetic Workplace: Five Steps to a Compassionate, Calm, and Confident Response to Trauma on the Job* (HarperCollins Leadership 2021) and the President of Blackbird DC. She has worked on issues of trauma and victimization for more than 25 years.

As a Senior Attorney Advisor with the Executive Office for United States Attorneys, for fifteen years Manning guided the Justice Department through its response to victims in cases ranging from terrorism to large-scale financial fraud to child exploitation. Some of the cases she advised on include the Boston Marathon bombing, the Pulse nightclub and South Carolina AME church shootings, the uprising in Charlottesville, the Madoff investment fraud, and the federal case against Larry Nassar, doctor for the U.S. Women's Olympic Gymnastics team.

Manning now uses her expertise to help organizations prepare for and respond to the challenges they face involving employees, clients, and members of the community who may be in trauma. A member of the bar in Washington, D.C. and California, Manning also served as an attorney with the law firm Pillsbury Winthrop in San Francisco, where

she represented Fortune 500 companies in class actions, insurance, and media cases. She is a graduate of Smith College and the University of Virginia School of Law and teaches at American University and in the Master's in Trauma-Informed Leadership Program at Dominican University.