



Nebraska Center on
Reflective Practice

CE-CERT Awareness Webinars

**Compassion fatigue. Burnout. Vicarious trauma.
Moral distress.**

While different terms with varying definitions, the one thing all of these terms have in common is they describe the emotional toll exacted upon workers in helping professions.

CE-CERT (Components for enhancing Career Experience and Reducing Trauma) is a model developed for helpers to achieve conscious control over autonomic dysregulation.

We will provide an introduction of CE-CERT emotional regulation practices designed to transform the experience of doing helping work in real time.

August 19, 2025 12 - 1 PM CT

November 18, 2025 12 - 1 PM CT

January 21, 2026 12 - 1 PM CT

Registration is free. Sessions held virtually via Zoom.
For questions, contact Lily at llagerman2@unl.edu.



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CENTER ON CHILDREN,
FAMILIES, AND THE LAW