

CE-CERT Training



The **Component for Enhancing Career Experience and Reducing Trauma (CE-CERT)** model offers practical skills and strategies to help sustain your career in a helping profession.

Unlike after-hours self-care practices, CE-CERT equips you with acquirable skills to transform your experience while you're helping others, in real time.

The CE-CERT model focuses on 5 key skill domains that enable you to:

- ✓ Stay engaged
- ✓ Process intense experiences effectively
- ✓ Recover from stress

This training is **free of charge**, made possible by the **KNEW** grant.



Foundations Training:

October 16-17, 2025

Includes 10 consultation calls

Optional Supervisor Training:

November 13, 2025

Questions? Email Dayna Goff at dgoff3@unl.edu

nebraskababies.com/events/ce-cert-training-knew1

