



Caring for the Caregiver (RESET)

SEHG-CFC-101 · Healthcare · approx. 70 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending ·
Auto-issued completion certificate with completion tracking suitable for CEU/CEH documentation.
Professional-development training, not clinical therapy. Subject-matter review by SEHG required before publication.

COURSE DESCRIPTION

A self-paced resilience and well-being course for human-services caregivers — DHS caseworkers, healthcare workers, and social workers. Built around the five-step RESET framework (Recognize, Evaluate, Steady, Engage, Tend), it covers burnout, compassion fatigue, secondary traumatic stress, and moral injury; teaches practical in-shift regulation skills; and closes with a personal sustainability plan. Pre-assessment opens the course; the same instrument closes it as a post-assessment, and per-module knowledge checks gate the auto-issued completion certificate for CEU/CEH tracking.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Healthcare skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

WHAT'S INCLUDED

- approx. 70 min seat time
- 7 course modules
- 0 instructional videos — 0 minutes of total video runtime
- 70 knowledge-check questions, auto-graded
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Foundations: The Cost of Caring**
 - Objective: Distinguish burnout, compassion fatigue, secondary traumatic stress, and moral injury
 - Objective: Explain why these are occupational injuries, not personal failings
 - Objective: Describe the five RESET steps and how the course uses them
- **Module 2 — R — Recognize the Signs**
 - Objective: Recognize early warning signs across body, mood, thinking, and behavior
 - Objective: Treat early markers (Sunday dread, category cynicism) as information
 - Objective: Check in on a colleague without diagnosing
- **Module 3 — E — Evaluate Your Load**
 - Objective: Take stock across the exposure, demand, and recovery ledgers
 - Objective: Distinguish a hard week from a hazardous pattern
 - Objective: Evaluate load on a recurring schedule rather than after a crisis

- **Module 4 — S — Steady Yourself**
 - Objective: Use the physiological sigh, 5-4-3-2-1 grounding, and micro-breaks in-shift
 - Objective: Design and run a transition ritual between cases and between work and home
 - Objective: Run the post-call self-check after difficult calls
- **Module 5 — E — Engage Support**
 - Objective: Use peers, supervision, EAP, and personal supports early
 - Objective: Model help-seeking to lower its cost for the whole team
 - Objective: Identify two support contacts and the EAP number in advance
- **Module 6 — T — Tend and Sustain**
 - Objective: Set boundaries that make commitment durable
 - Objective: Protect sleep, meaning, and a life outside the work
 - Objective: Turn sustainability intentions into scheduled, specific commitments
- **Module 7 — Your RESET Plan**
 - Objective: Summarize the five RESET steps in one line each
 - Objective: Write a four-sentence personal RESET plan
 - Objective: Commit to one concrete boundary for the next month

COMPLETION & CERTIFICATION

Pass/Fail: passing requires a score of 70% or higher on the course knowledge checks.
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Instructor/facilitator: Synergy Faculty
- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$0 · SEHG-CFC-101 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.