

Components for Enhancing Clinician Engagement and Reducing Trauma (CE-CERT)



What is CE-CERT?

CE-CERT was developed by Dr. Brian Miller to equip helping professionals with strategies to manage secondary traumatic stress (STS) resulting from working with individuals who have experienced trauma. Agencies train as a team through virtual or in-person sessions that focus on foundational skills for all staff members. Supervisors receive additional specialized training and ongoing support to implement these tools within their agency.

Why is CE-CERT Significant?

Research indicates that trauma exposure can cause functional impairment¹ and high burnout rates,² increasing the likelihood of turnover. Clinician distress also has a negative impact on client outcomes.³

CE-CERT offers practical, real time strategies for managing work-related stress and promotes positive experiences that help clinicians remain engaged in their careers.

CE-CERT is appropriate for anyone providing trauma treatment or services to families who have experienced trauma.

1. Sprang et al., 2022
2. Aminihajbashi, et al., 2022
3. Deladillo et al., 2018

The Five Components



Experiential Engagement

Taking an open stance towards experiencing all emotions, including those that are difficult and uncomfortable, and moving through them rather than avoiding



Decreasing Rumination

Noticing unhelpful mental re-experiencing of difficult situations and emotions and re-directing thoughts



Conscious Narrative

Bringing conscious awareness to the stories we hold about work and thoughts that occur during stressful work situations to make them as helpful as possible



Reducing Emotional Labor

Managing the expression of feelings as part of work to shift away from things that drain our energy



Parasympathetic Recovery

Activating physiological calming responses and decreasing activation of the fight/flight/freeze stress response system