

Fill 'Er Up!

Refueling Your Energy to Help Others

Cynthia J. Geissinger

This video, featuring Cynthia J. Geissinger, MSW, provides instant relief from the effects of stress, vicarious trauma, and burnout as only Cynthia can deliver. Cynthia imparts her wit and wisdom in this 90-minute presentation that is ideal for any agency or department that provides victim services.

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