

Compassion Fatigue and the Helping Professional

Are you a *helping professional*? If so, you may know that people in the caring professions often experience compassion fatigue. Compassion fatigue is described as a profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career.

Workshop Description:

During this half-day, interactive workshop, you will learn about the signs and symptoms of compassion fatigue and identify personal self-care strategies to deal with compassion fatigue and increase stress resiliency.

During this workshop, you will:

1. Reflect on the work we do as *helping professionals*.
2. Distinguish compassion fatigue from other similar concepts (ie. stress, burnout and vicarious trauma).
3. Identify symptoms/signs of compassion fatigue.
4. Assess for personal compassion fatigue (*self-assessment*).
5. Identify personal self-care strategies to address/overcome compassion fatigue.

Timeframe:

9:00am to 12:30pm, with a mid-morning break.

What's Included?

- Participant handouts.
- Coffee and tea on arrival.
- Certificate of Participation.

The Facilitator: Gerard Murphy, President, Barefoot Facilitation Inc.



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To find future dates for this workshop please email info@trybarefoot.com
or call Joanna at 902-493-3059