

Compassion Fatigue and the Helping Professional

Interactive Workshop

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. 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.

LEARNING OUTCOMES:

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 the symptoms/signs of compassion fatigue.
4. Assess for personal compassion fatigue (self-assessment).
5. Identify personal self care strategies to address/overcome compassion fatigue.

REGISTRATION

We are offering this course at the following locations:

Sydney - March 5th, 2018

*Hampton Inn, Sydney - 10:00am-3:00pm**

Windsor - March 26th, 2018

*Location TBD - 10:00am-3:00pm**

Berwick - March 27th, 2018

*Berwick Fire Hall - 10:00am-3:00pm**

*\$75 per participant or \$250 for groups of 4. A light lunch will be provided
Cheques made payable to Health Care Human Resource Sector Council*

*To register: visit our new website www.hcsc.ca/training-and-development/
or email: admin@hcsc.ca - Register early space is limited*



Facilitated by Gerard Murphy