

## ***Walking the Walk: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma***

### **Workshop Description:**

We pay an emotional price for doing the work that we do: Some of us hear difficult stories daily and are frequently exposed to traumatic details from the cases we are working on. We are not always able to help everyone who comes to us for help - the demand often outweighs what we can offer. What is the impact of this work on our own emotional well-being, on our personal life?

Compassion fatigue and vicarious trauma are characterized by deep emotional and physical exhaustion and by a shift in a helping professional's sense of hope and optimism about the future and the value of their work. Compassion fatigue has been called "a disorder that affects those who do their work well" (Figley 1995). The level of compassion fatigue a helper experiences can ebb and flow from one day to the next, and even very healthy helpers with optimal life/work balance and self care strategies can experience a higher than normal level of compassion fatigue when they are overloaded, are working with a lot of traumatic content, or find their case load suddenly heavy with clients who are all chronically in crisis.

Compassion fatigue and vicarious trauma are normal consequences of working in the helping field. The best strategy is to develop excellent self care strategies, as well as an early warning system that lets the helper know that they are moving into the caution zone of Compassion Fatigue and Vicarious Trauma.

This is a highly interactive one day workshop, incorporating a combination of solo, small group and whole group activities. Topics covered will include:

- ✓ Understanding compassion fatigue and vicarious trauma
- ✓ Symptom checklist, targeting areas for strategic planning
- ✓ Evaluating self-care, identifying triggers
- ✓ Developing a personalized strategic plan for identifying and treating compassion fatigue
- ✓ Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for dealing with the costs of caring.



### **Presenter:**

Françoise Mathieu, M.Ed., CCC. and Associates  
Certified Mental Health Counsellor &  
Compassion Fatigue Specialist

**Date:** February 23, 2012

**Host:** Connections Halifax

**Registration:** 8 am – 12 pm

**Conference Start:** 9 am – 4 pm

**Location:** The Westin  
(Downtown Halifax)

**Lunch & Nutritional Breaks  
Provided**

### **For more information:**

[cheyenne.smythe@cdha.nshealth.ca](mailto:cheyenne.smythe@cdha.nshealth.ca)  
[cindy.smith-macdonald@cdha.nshealth.ca](mailto:cindy.smith-macdonald@cdha.nshealth.ca)  
or 473-1935

**Compassion Fatigue Solutions inc.**  
Workshops for the Helping Professions  
PO Box 20, Kingston, ON, K7L 4V6  
[www.compassionfatigue.ca](http://www.compassionfatigue.ca)

**Payment:**

Cheques payable to  
Connections Halifax

**Fax registration to:**

ATT: Cheyenne or Cindy  
473-6259

**Drop off Cheques to:**

Attention: Conference Committee  
Connections Halifax  
1221 Barrington Street, Halifax  
NS, B3J 1Y2

**Fees:**

Fee if paid by 13 Feb: \$ 120.00

Fee if paid after 13 Feb: \$ 150.00



**Important Details:**

- Sorry, no credit cards accepted. Cash, cheque, or if paying by Cost Centre please contact for more information
- Receipts will be given on the day of the conference.
- We have limited seating of 200 spaces. The conference will be closed after that number has been reached.
- No last minute registrations or "day of" registrations

**REGISTRATION INFORMATION**

Name: \_\_\_\_\_

Institution: \_\_\_\_\_

Profession: \_\_\_\_\_

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Payment Method:

Cheque     Cash     \*\*Cost Centre transfer, *please indicate the originating cost centre from which the payment will be paid from* \_\_\_\_\_

Dietary Concerns: \_\_\_\_\_



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