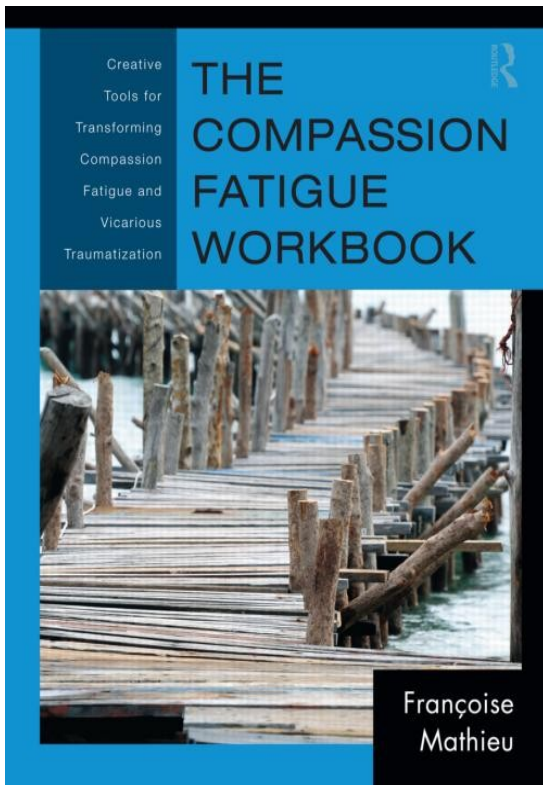


**Caversham invites you to join in celebrating the release of
Françoise Mathieu's newly published work
THE COMPASSION FATIGUE WORKBOOK:
Creative Tools for Transforming Compassion Fatigue
and Vicarious Traumatization
Routledge Psychosocial Stress Series**



The Compassion Fatigue Workbook is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. Since 2001 the activities in this *Workbook* have helped thousands of helpers in the fields of healthcare, community mental health, correctional services, education, and the military. In addition to a comprehensive description of compassion fatigue and vicarious traumatization, *The Compassion Fatigue Workbook* leads the reader through experiential activities designed to target specific areas in their personal and professional lives. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization. -- from the publisher

Françoise Mathieu is director of Compassion Fatigue Solutions inc. She is a Certified Mental Health Counsellor and a Compassion Fatigue specialist. Françoise is one of the leaders in Compassion Fatigue and Vicarious Trauma education in Canada, having given hundreds of seminars on compassion fatigue and vicarious trauma across Canada to thousands of helping professionals.

"Françoise Mathieu's writing is wonderful: she speaks from the heart, practitioner to practitioner, about the stressors and strains of human service work, particularly those that come from prolonged regular work with traumatized patients and clients. This is a book you help write by yourself and about yourself. That's why it is the workbook for trauma work." -
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