



SELF-CARE IS NOT SELFISH:

Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma

May 13 : 1:00 pm – 5:00 pm

May 14 : 8:30 am – 12:30 pm

Ramada Des Moines Airport, 1810 Army Post Rd., Des Moines

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 clients we are working with. We are not always able to help everyone who comes to us for help, the demands often outweigh what we can offer.

Compassion Fatigue has been called “a disorder that affects those who do their work well” (Figley, 1995).

The level of compassion fatigue staff experiences can ebb and flow from one day to the next. Even very healthy staff with optimal life/work balance can experience compassion fatigue.

Kay Glidden and Beth Reynolds-Lewis are experienced trainers regarding behavioral health topics and are Green Cross Academy of Traumatology Certified Educators. They provide insight, sincerity and humor as they lead this interactive workshop. Attendees receive steps and tools to improve the care they provide others and themselves.

www.compassionresiliency.com



Attendees improve their understanding of:

- Compassion fatigue vicarious trauma, & burnout effects
- Symptom recognition
- Hands-on tools and resources for building resiliency and self-care

TO REGISTER:

<http://bit.ly/idcmcompassion>