

# Walking the Walk

## *Creative Tools for Transforming Compassion Fatigue*

“Compassion fatigue has been described as the ‘cost of caring’ for others in emotional pain.” (Figley, 1982)

The work of helping requires people to open their hearts and minds to others. This very process of empathy has a significant impact on the helper.



This is an interactive one-day workshop, incorporating a combination of solo, small group and whole group activities. Participants work through a personalized strategic plan that serves as a practical tool for dealing with the effects of their own compassion fatigue. Past participants have felt inspired to make meaningful changes in their personal, professional and organizational lives.

### **Topics will include:**

- ~ Understanding compassion fatigue, vicarious trauma and burnout
- ~ Signs and symptoms, target areas for strategic planning
- ~ Evaluating self-care, identifying triggers
- ~ Developing a plan for identifying and transforming compassion fatigue

### **Intended Audience:**

Direct service staff, supervisors and managers in the fields of mental health and general health, including nurses, social workers, support workers, crisis services workers, volunteers, clergy, emergency workers, correctional staff, child protection workers, etc.

*Wednesday November 9, 2011 ~ Guelph 9:00am to 5:00pm*

*Friday June 15, 2012 ~ Kitchener 9:00am to 5:00pm*

Cost of the workshop: \$90.00 per person

To register, please e-mail:

workshops@cmhagrb.on.ca, or call  
519-766-4450 / 1-866-448-1603 x365



CANADIAN MENTAL  
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Grand River Branch

