

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



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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 families 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 a helper experiences can ebb and flow from one day to the next. Even very healthy helpers with optimal life/work balance and self care strategies can experience compassion fatigue.

This one day workshop incorporates a combination of solo, small group, and whole group activities.

About the trainers:

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, strength, sincerity and humor as they lead this interactive workshop. Attendees receive steps and tools to improve the care they provide others and themselves.

Contact Information

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www.unmc.edu/bhec

Date: November 18, 2014

Time: 1:00-5:00 pm

Location: 301 South 68th
Street Place
Jack J. Huck Continuing
Education Center, Room 404
Southeast Community College
Lincoln, NE

Sponsored by the Office of
Consumer Affairs, Division
of Behavioral Health, NE
Department of Health and
Human Services

Attendees improve their understanding of:

- Compassion fatigue
vicarious trauma, &
burnout effects
- Symptom recognition
- Trigger identification
- Incorporating targeted areas
for effective professional and
personal strategic planning
- Tools for self-care and
treatment

TO REGISTER:

Send your Name and Email
address to Kay Glidden at
kglidden@region3.net by
November 7, 2014.