

## **Compassion Fatigue and the Helping Professional**

Are you a *helping professional*? If so, you may know that people in the helping professions often experience compassion fatigue. Compassion fatigue is described as a profound emotional and physical exhaustion that helping professionals can develop over the course of their career.

During this interactive workshop, you will learn about the signs and symptoms of compassion fatigue and identify strategies to deal with compassion fatigue and boost personal resiliency.

### **Upon completion of this workshop, you will:**

- Reflect on the work we do as helping professionals.
- Distinguish compassion fatigue from other similar concepts (ie: stress, burnout and vicarious trauma).
- Identify the symptoms/signs of compassion fatigue.
- Assess for personal compassion fatigue.
- Identify personal strategies to address/overcome compassion fatigue.
- Commit to a personal action plan to boost resiliency.

### **Facilitator:**

Gerard Murphy, Barefoot Facilitation Inc.

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