

Kettlewood Retreats Rev. Holly W. Whitcomb, Director

<http://www.kettlewoodretreats.com>

Friday, October 5, 2018

9:30 A.M. – 3:00 P.M.

Compassion Fatigue: Healing the Wounded Healer

Sometimes called *secondary traumatic stress*, compassion fatigue is prevalent among those serving the needs of others. Compassion fatigue is particularly common among *highly sensitive persons*, a significant percentage of caregivers. This retreat will focus on the wounded healer's self-care and protection: early warning signs and strategies for sustaining a healthy mind and spirit.

Our retreat leader: Philip Chard is a widely traveled speaker, a practicing psychotherapist, and the author of the award-winning weekly column "Out of My Mind" featured in the *Milwaukee Journal Sentinel*. He is also author of the books *The Healing Earth* and *Nature's Ways*.

Kettlewood Retreats invites you to this autumn retreat at Cedar Valley. Come join us in the countryside of the Kettle Moraine on 100 spectacular acres near West Bend. The noon meal is included.

To register for this retreat, please write a check for \$50.00 to Rev. Holly Whitcomb and send it to: 2095 Elm Tree Ct., Elm Grove, WI 53122. Include your name, address, e-mail, and phone number(s). This retreat will fill quickly. Register early. Upon receipt of your registration, you will receive a map. For more information, call (262) 784-5593.