



When the Well is Dry

Compassion Fatigue, Vicarious Trauma & Self Care Training

Recognizing the unprecedented pressures on health and helping professionals, the Centre for Education and Research on Aging & Health (CERAH), Lakehead University, and the North West Regional Palliative Care Program, St. Joseph's Care Group, are pleased to offer this workshop aimed at supporting your own wellness.

In this training you will learn to distinguish between compassion fatigue, vicarious trauma and burnout as well as be able to identify the early warning signs and symptoms to determine what you may be struggling with and next steps to addressing it. Strategies to address compassion fatigue, vicarious trauma and burnout as well as promote resilience and self-care will be addressed in detail. All participants will leave the workshop having crafted their own Wellness Plan.

This training is for anyone in Northwestern Ontario working in the health and helping professions with an interest in the areas of compassion fatigue, vicarious trauma and self-care.

Learning Objectives:

- *Participants will be able to define compassion fatigue, vicarious trauma and burnout and discuss how they look & feel.*
- *Participants will understand the risk factors for compassion fatigue, vicarious trauma & burnout*
- *Participants will utilize individual self-assessment tools to reflect on their own compassion satisfaction, stress & fatigue*
- *Participants will share and discuss a variety of self-care strategies to develop their own Wellness & Resiliency Plans*



**Presented by
Cleo Haber, MSW, RSW**
Cleo has been practicing as a social worker for over 15 years specializing in mental health, working with individuals, couples & groups.

\$25*
per person
***Includes a self-care gift**

Jan. 26/2023 - 9 am to 4 pm - Zoom - [Register here!](#)



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**Education and Research
on Aging & Health**



ST. JOSEPH'S CARE GROUP
NORTH WEST REGIONAL
PALLIATIVE CARE PROGRAM