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THE GAIL APPEL INSTITUTE

Trauma & Resiliency Centre



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

Françoise Mathieu, M.Ed., CCC.

MONTREAL Feb 7, 2012 TORONTO March 29, 2012

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 the cases we are working on. We are not always able to help everyone who comes to us for help - the demand often outweighs what we can offer.

What is the impact of this work on our own emotional well-being, on our personal life?

Compassion fatigue is characterized by deep emotional and physical exhaustion and by a shift in a helping professional's sense of hope and optimism about the future and the value of their work. It has been called "a disorder that affects those who do their work well" (Figley 1995) Vicarious Trauma refers to the profound transformation workers experience in their world view when they work with clients who have experienced traumatic events. Helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material.

The level of compassion fatigue and vicarious trauma a helper experiences can ebb and flow from one day to the next, and even very healthy helpers with optimal life/work balance and self care strategies can experience a higher than normal level of compassion fatigue when they are overloaded, are working with a lot of traumatic content, or find their case load suddenly heavy with clients who are all chronically in crisis.

Compassion fatigue and vicarious trauma are normal consequences of

working in the helping field. The best strategy to address compassion fatigue is to develop excellent self care strategies, as well as an early warning system that lets the helper know that they are moving into the caution zone of Compassion Fatigue.

This is a highly interactive one day workshop, incorporating a combination of solo, small group and whole group activities.

Topics covered will include:

- Understanding compassion fatigue, vicarious trauma, moral distress and burnout
- Symptom checklist, targeting areas for strategic planning
- Evaluating self-care, identifying triggers
- Developing a personalised strategic plan for identifying and treating compassion fatigue and vicarious trauma

This highly popular workshop has been offered across Canada over the past several years. Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring.

Who should attend?

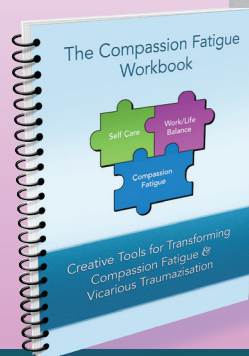
Helping professionals in the fields of mental health, health care, education, emergency services, corrections and law enforcement, volunteers and caregivers.

The presenter: Françoise Mathieu, M.Ed., CCC. Compassion Fatigue Specialist

Françoise is director of Compassion Fatigue Solutions whose aim is to offer consulting and training to helpers on topics related to self care, wellness, burnout and compassion fatigue.

Françoise is a certified mental health counsellor with the Canadian Counselling and Psychotherapy Association and a Compassion Fatigue specialist. Her experience stems from many years as a crisis counsellor, working in a hospital emergency ward, university counselling service and community mental health environments. Her positive outlook and commitment to helping clients grow are hallmarks of her work.

Françoise is one of the leaders in Compassion Fatigue and Vicarious Trauma education in Canada. Since 2001, Françoise has given hundreds of seminars on compassion fatigue and vicarious trauma across the country to thousands of helping professionals in the fields of health care, trauma services, law enforcement, education and addiction treatment. She is the author of The Compassion Fatigue Workbook and The Compassion Fatigue Train the Trainer Workbook.



MONTREAL Feb. 7, 2012
McGill Faculty Club and Conference Centre
3450 McTavish Street, Montreal

TORONTO March 29, 2012
Oakham House, Ryerson University
63 Gould Street, Toronto

REGISTRATION

REGISTER BY MAIL, PHONE, FAX E-MAIL OR ON-LINE

Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

TELEPHONE: 416-972-1935 x 3233 **FAX:** 416-924-9808

E-MAIL: mvanrooyen@hincksdellcrest.org

REGISTER ON-LINE: www.peopleware.net/2323

One form per person. Please print clearly.



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Department: _____ Organization: _____

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**I WISH TO REGISTER FOR:
WALKING THE WALK**

MONTREAL Feb. 7, 2012

TORONTO March 29, 2012

Early registration one month prior to seminar \$225

Regular registration \$245

Time: 9:00 am - 4:00 pm

Françoise Mathieu's book:
The Compassion Fatigue Workbook
will be included in your registration package.

Method of Payment

Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.

I wish to pay by: Cheque Visa Mastercard

Card Number: _____ Expiry Date: _____

Name on Card: _____

Signature: _____

Total fee enclosed: _____

CANCELLATION POLICY:

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After that time you may elect to receive a credit which may be applied to a future workshop of the same value used within one year of date of issue. A colleague may be substituted for attendance. No credit or refund will be given if you do not notify us in advance of the workshop date. The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

GROUP AND STUDENT RATES:

Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

CONTINUING EDUCATION CREDITS:

Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association.

ACCESSIBILITY STANDARDS FOR CUSTOMER SERVICE (AODA) - SUPPORT PERSONS

The Hincks-Dellcrest Centre strives to create barrier free training to all persons and therefore welcomes support persons accompanying persons with disabilities. As per our Operational Procedure Number 8-3-11, Any customer attending a training session at the Hincks-Dellcrest Centre will not be asked to pay for a support person accompanying them to the training session.