



## TRAINING

### COMPASSION FATIGUE:

When working in the helping professions is impacting on personal and professional quality of life

PRESENTED BY: SARA FIELD

Sara Field has almost 18 years' experience working with children and their families, identified at-risk adolescents, adult international and domestic learners and key community welfare stakeholders in Australia. With a keen interest in professional development, training, community development and social welfare, Sara has been an educator in a tertiary setting, a facilitator in offender rehabilitation and post separation communication. Sara was a Case Manager, Senior Project Officer for the Department of Corrective Services (DCS), Lecturer at Central Institute of Technology and has held Clinical Roles at DCS, Women's Health Services and Relationships Australia including as a Family Dispute Resolution Practitioner. Currently, Sara is the Development Coordinator for Anglicare WA.

**Date:** 29 September 2017

**Cost:** \$230 per person (incl. GST)

**Time:** 9:30am - 4:30pm

**Location:** East Perth

#### Course Overview

This one day workshop will provide a framework for understanding compassion fatigue. Research has shown that those who help people that have been exposed to traumatic stressors are at risk for developing negative symptoms associated with burnout, depression, and posttraumatic stress disorder (Stamm, 2010). Drawing on the work of Beth Hudnall Stamm, this workshop will train staff to use the Professional Quality of Life Questionnaire to assist workplaces to support staff in the development of individual and organisational strategies to address compassion fatigue.

A range of topics will be covered from vicarious trauma, debriefing and getting the most out of a supervisory relationship including the value of clinical supervision to recognising the signs of being burnt out and self-care. The workshop will provide participants with the opportunity to reflect on their own practice and to identify individual risks and when working in the helping professions effects personal and professional quality of life.

#### Who is this workshop suitable for?

This workshop is suitable for those who work in all areas of the helping professions: mental health practitioners, drug and alcohol counsellors, family and domestic violence workers, youth workers, social workers and private practitioners working across a range of interpersonal issues. It is also very helpful for those working in workplace health and safety in developing organisational responses to these issues.

#### By the end of this workshop participants will be able to:

- Understand and identify the individual and professional markers of compassion satisfaction and compassion fatigue
- Be aware of and identify the key differences between workplace stress, burn out and vicarious trauma
- Use the Professional Quality of Life Questionnaire as part of a suite of strategies to identify early interventions that can prevent burnout and secondary trauma
- Understand the relationship between organisational and individual responsibilities associated with the identification and management of workplace stress, burnout and secondary trauma

If you wish to attend, please complete a registration form.

**Bookings essential**

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