

Compassion Fatigue in Helping Professionals: Refilling the Well

Thursday, April 11, 2013

8:00 a.m. to 4:00 p.m.

Royal Ottawa Mental Health Centre
Associates in Psychiatry Auditorium
1145 Carling Avenue, Ottawa ON K1Z 7K4

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Overview:

This conference is being planned to address fatigue, the emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career as helpers. Compassion fatigue impacts on the helping professionals' sense of hope and optimism about the future and the value of their work. The conference will provide the tools necessary for professionals to face and better understand compassion fatigue in both their professional and personal lives.

Learning Objectives:

1. Understand the difference between compassion fatigue, vicarious trauma and burnout
2. Learn 10 key strategies to reduce compassion fatigue/ vicarious trauma while working in geriatric care
3. Identify organizational strategies to create supportive work environments

Target Audience:

Long term care home staff, retirement home staff, registered staff, and other health care professionals.

Regular: \$85.

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PROGRAM	
8:00am	Registration & Refreshments
8:30	Welcome and Introductions
8:45	1 st Presentation: <i>Understanding compassion fatigue and burnout</i>
9:45	Break (provided)
10:10	<i>Zumba Stretch</i>
10:20	2 nd Presentation: <i>What can we do? Warning Signs of Overload</i>
12:00 – 1:00pm	Lunch (Provided)
12:30 – 1:00	Optional Mindfulness Session
1:00	Laughter Yoga Session
1:20	3 rd Presentation: <i>Building Compassion Fatigue Resiliency: Five key strategies for helping professionals</i>
2:30	Break (provided)
2:45	4 th Presentation: <i>Working as a team – Making a commitment</i>
3:45	Closing Remarks & Evaluation

Or visit our website at: <http://www.theroyal.ca/en/events/professional-development/>

For information, contact Lucie Moore at lucie.moore@theroyal.ca or phone at 613-722-6521, ext 6570