



COMPASSION FATIGUE

"Compassion is not a relationship between the healer and the wounded. It's a relationship between equals." - Pema Chödrön

Compassion Fatigue is a unique type of burnout experienced by individuals in helping professions. Participants in this course will learn how to recognise the signs, symptoms and causes of compassion fatigue and develop strategies to address them. Through small group discussions, case studies, and interactive activities, participants will gain better understanding of the factors that lead to compassion fatigue and develop effective coping strategies to help manage it. This course will provide participants with the knowledge, skills, and resources needed to support themselves and their team members in dealing with compassion fatigue.

Key Course Content:

- Recognise symptoms of compassion fatigue
- Understand the causes of compassion fatigue
- Develop coping strategies to manage compassion fatigue
- Increase self-care practices to protect against compassion fatigue
- Utilise organizational policies and resources to prevent compassion fatigue
- Learn the effects of vicarious trauma on professionals
- Accidental counselling insights
- Debriefing and relaxation techniques
- Identify personal and professional boundaries
- Explore healthy ways of managing stress and distress in the workplace



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated ½ day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.