

Compassion Fatigue

In order to maintain your own sanity and equilibrium while providing mental health services to people experiencing traumatic life situations, you must pay close attention to yourself and your own needs. Compassion Fatigue is a general term for vicarious traumatization, which can lead to poor treatment practices, burn out and/or illness. We'll review the causes and symptoms of Compassion Fatigue and explore and practice prevention strategies for use during sessions and outside the workplace.

Earn 3.3 Social Work CEUs.

INSTRUCTOR: Lois Lockett, LCSW, MSW, has 30 years' experience in the field of social work. She has a private psychotherapy practice.

PROF 448 / Friday / Feb. 22 / 8:30 – 11:30 a.m. / \$49 (\$59 after Feb. 15)

Objectives of course:

- To discuss the definition of Compassion Fatigue.
- To discuss the causes of Compassion Fatigue.
- To discuss the possible symptoms and effects of Compassion Fatigue.
- To explore the prevention strategies for use during sessions and outside the workplace.