



*~Promoting Life Balance, Life Satisfaction and Life Fulfillment~*

## **Strategies to Overcoming Compassion Fatigue in Teaching and Learning**

Compassion Fatigue is defined as the indirect exposure to difficult, disturbing and/or traumatic images and stories of the suffering of others. The compassion many of us feel for those we help can affect us in both positive and negative ways. Physical and emotional exhaustion from doing this heart work can affect our ability to have empathy for our clients, students, colleagues and loved ones. Repeated exposure to difficult content can have a negative impact on the functioning and overall mental health of helping professionals. The Strategies for Overcoming Compassion Fatigue training is designed to bring awareness to the systematic impact of Compassion Fatigue, offer a safe space for helping professionals and educators to learn strategies for managing Compassion Fatigue in order to experience more balance, satisfaction and fulfillment in their personal and professional lives.

By the end of the workshop, participants will learn to:

- Identify the signs and contributing factors to compassion satisfaction and secondary traumatic stress/compassion fatigue and burn-out.
- Identify and implement the parallel process of healthy boundary setting and self-advocacy from staff to student, practitioner to client or caregiver to loved one.
- Identify and implement strategies for managing themselves in highly emotional charged interactions with clients, students and/or loved ones.
- Evaluate and balance experiences as a helper and as a person, ensuring career does not alter their world view in a negative manner.
- Incorporate Trauma informed practices (Cognitive Processing, Grounding, Deep Breathing/Relaxation and Mindfulness exercises) in their daily regimen.
- Find renewal in their work.