

Monday October 18
8:45 to 10:15 a.m.

Compassion Fatigue - What Is It and Why Should You Pay Attention

For the thousands of dedicated and passionate helping professionals working in the front lines of the social service fields, Compassion Fatigue is now commonly seen as the “cost of caring”. It has become the personal price we pay as helpers in the social service fields such as child welfare, senior care, shelters, addictions, domestic violence, and with street youth. This workshop will provide education about how and why it happens, helpful information to recognize the signs and symptoms and easy self-care strategies to help participants build their resilience to remain healthy and compassionate for a long and rewarding career.

Key Learning Objectives:

1. What is Compassion Fatigue - how and why it happens
2. Identifying the symptoms
3. Easy self-care strategies

Rebecca Brown has a Master’s Degree in Social work and her career has spanned 23 years including medical social work and the child welfare sector. Rebecca is a Supervisor of a front line child protection team at the Children’s Aid Society of London and Middlesex and is a founding member of the Critical Incident Debriefing Team for CAS staff following traumatic work events. She is a provincial trainer for the Ontario Association of Children’s Aid Societies and teaches the curriculum on Wellness and Self Care. Rebecca is a consultant with Francoise Mathieu and now offers presentations through Workshops for Helping Professionals

on the topics of Vicarious Trauma and Compassion Fatigue to helping professionals in a variety of social settings to balance the impact of the “cost of caring” for those in need.