

## **Transforming Compassion Fatigue and Vicarious Trauma: Creative Tools for Developing Resiliency Workshop**

During Mental Health Week 2011 (May 1 – 7, 2011), the [Canadian Mental Health Association, NL Division \(CMHA-NL\)](#), and the [Schizophrenia Society of NL \(SSNL\)](#) are collaborating to hold a one-day workshop on building skills to cope with compassion fatigue.

**Date: Tuesday, May 3rd, 2011**

**Time: 8:30 to 4 PM**

**Location: Capital Hotel, 208 Kenmount Road, St. John's, NL**

This workshop will be presented by Diana Tikasz, an associate with [Compassion Fatigue Solutions](#). The event will provide an opportunity for community/non-profit/voluntary mental health organizations, health care workers, caregivers, families, and anyone else who might be interested in this topic to learn more about compassion fatigue and self-care to help them help others better. For more information on the workshop and presenter, see page 3.

TESTIMONIAL from Workshops for Helping Professionals (WHP) /Compassion Fatigue Solutions founder, Françoise Mathieu:

*"Diana Tikasz...offers workshops on compassion fatigue and vicarious trauma through my company, WHP, when I am unable to do so. Diana is a gifted speaker who has received rave reviews from past workshop participants. I truly enjoy collaborating with her on developing workshops and participants have said they really appreciated her presentation style and resource-filled workshops."*

**To register for this workshop, please complete and submit the form on page 2 along with your payment.** Fees include lunch and nutrition breaks. Registration forms and payment must be submitted by April 8<sup>th</sup>, 2011, either in person at the CMHA-NL office, or by fax or regular mail.

### **Mailing address:**

**Compassion Fatigue Workshop - Registration  
Canadian Mental Health Association, NL Division  
70 The Boulevard, 1<sup>st</sup> floor  
St. John's, NL A1A 1K2**

**Fax: (709)753-8537**

**Continuing education credits are available for NLASW and ARNNL members.**

For more information on this workshop, please contact Beverley Hiscock, CMHA-NL Events Manager, at [bhiscock@cmhanl.ca](mailto:bhiscock@cmhanl.ca), or 738-2179.

## Workshop Registration Form

### *Transforming Compassion Fatigue and Vicarious Trauma*

*May 3, 2011*

*8:30 AM to 4 PM*

Capital Hotel, 208 Kenmount Road, St. John's, NL

**Registration Deadline: April 8<sup>th</sup>, 2011**

Name: \_\_\_\_\_

Title (if applicable): \_\_\_\_\_

Organization/Affiliation (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Please check one of the following registration options below. Registration fees include lunch and nutritional breaks. Required fees are indicated next to each option.

- \$100.00 - Non-profit organization, family member/caregiver, or student (proof/ID for students is required with registration)**
- \$150.00 - Health professional/Government (Continuing education credits are available for NLASW and ARNNL)**
- \$150.00 – Other (please identify) \_\_\_\_\_**

Payment can be made in person at the CMHA-NL office, or by mail by money order, cheque, or credit card.

Credit card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Money orders/Cheques should be made out to Canadian Mental Health Association, NL Division**

The deadline to submit registration and payment is **April 8<sup>th</sup>, 2011**. Please note that no cancellations can be made after the registration deadline. However, substitute delegates will be welcome.

**REGISTRATION FORMS SENT BY FAX WILL NOT BE PROCESSED UNTIL PAYMENT IS RECEIVED**

Please submit completed registration form with payment either in person, by fax to the attention of Beverley Hiscock at fax # (709)753-8537, or by regular mail (address is on page 1 above).

- If you have any special dietary needs/requests, please indicate below:

\_\_\_\_\_

- If you require disability related supports or assistive devices for participation, please indicate below:

\_\_\_\_\_

All questions can be directed to Beverley Hiscock, CMHA-NL Events Manager at [bhiscock@cmhanl.ca](mailto:bhiscock@cmhanl.ca), or (709)738-2179.



**Workshops for the Helping Professions**  
**Compassion Fatigue Solutions & Professional Development**

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 www.compassionfatigue.ca

**Transforming Compassion Fatigue and Vicarious Trauma:  
 Creative Tools for Developing Resiliency Workshop**

**Workshop Description:**

Compassion fatigue is characterized by deep emotional and physical exhaustion and by a shift in a helping professional's sense of hope and optimism about the future and the value of their work. It has been called "a disorder that affects those who do their work well" (Figley 1995). The level of compassion fatigue a helper experiences can ebb and flow from one day to the next, and even very healthy helpers with optimal life/work balance and self care strategies can experience a higher than normal level of compassion fatigue when they are overloaded, are working with a lot of traumatic content, or find their case load suddenly heavy with clients who are all chronically in crisis.

Compassion fatigue is a normal consequence of working in the helping field. The best strategy to address compassion fatigue is to develop excellent self care strategies, as well as an early warning system that lets the helper know that they are moving into the caution zone of compassion fatigue.

This is a highly interactive one day workshop, incorporating a combination of solo, small group and whole group activities. Topics covered will include:

- Understanding compassion fatigue and vicarious trauma and related concepts
- Symptom checklist, targeting areas for strategic planning
- Evaluating self-care, identifying triggers/vulnerabilities
- Developing a personalized strategic plan for identifying and treating compassion fatigue

Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring.

**Diana Tikasz, MSW RSW**

Diana has been committed to trauma-focused work in the health care sector for the past 22 years. She has worked in emergency department crisis teams, coordinated hospital based sexual assault/domestic violence treatment programs, which involved assisting individuals experiencing a current crisis, counselling those who have been traumatized by violence, and teaching other professionals how to do this work effectively while staying healthy themselves. Diana has also worked in various Employee Assistance Programs where she has specialized in working with individuals who are feeling stressed by their personal and/or work life. Her passion is to assist people in creating personal, professional, and organizational changes that promote optimal health and make us more effective helpers. Hence, over the past 5 years, Diana has devoted time to providing numerous workshops to various helping professionals in the area of compassion fatigue/vicarious trauma and self-care because a helper's compassion is not complete if it does not include compassion for oneself.