

GOALS OF COMPASSION FATIGUE 101

strategies

TO PROVIDE

Tools that help mitigate the symptoms of compassion fatigue and secondary trauma

TO COMMIT

To making a positive change by implementing self-care strategies at work and home

TO REDISCOVER

The rewards of the work

assessment

TO OFFER

Tools to assess levels of compassion fatigue and secondary trauma

TO GUIDE

Participants through an examination of current stressors and self-care strategies

key concepts

TO EXAMINE

Contributing factors such as personal history and current life circumstances

TO INTEGRATE

Fundamentals on the neurophysiology of trauma work

TO ACKNOWLEDGE

The impact of the intersectionality of culture, race & historical trauma

TO ENCOURAGE

A holistic understanding of symptoms as important warning signs

foundation

TO EDUCATE

Using evidence-informed findings on compassion fatigue and secondary trauma

TO VALIDATE

Participants experiences of compassion fatigue through teaching and storytelling

TO CULTIVATE

A supportive peer environment and encourage the creation of positive support networks