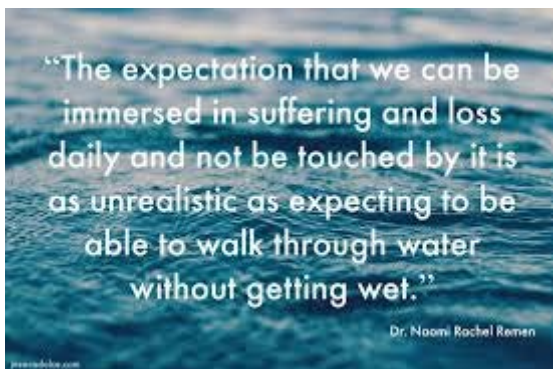


Compassion Fatigue Workshop

Facilitator: Tori Cooke BSW
Manager, Ruah Justice & Family Services



Ruah Community Services, Justice and Family Services is offering the women's refuge service system and the men's behaviour change service system, a free two-hour workshop on Compassion Fatigue.

The workshop is based on the work of Barbara Stamm's model of Professional Quality of Life (ProQol) and includes a pragmatic toolkit for staff and supervisors.

At the completion of this workshop, participants will:

- Have a well-developed understanding of burnout and secondary trauma
- Recognise the difference between work related stress, burnout and secondary trauma (sometimes referred to as vicarious trauma)
- Self-assess for signs of distress associated with burnout - compassion fatigue
- Begin to access individual and Organisational resources earlier (burnout prevention)
- Develop more insight to identify and implement self-care needs
- Begin reflection on what might be needed for introducing strategies in formal supervision to support ongoing staff wellbeing (supervisors, coordinators, HR staff and managers)

Please contact Jackie Hay on jackie.hay@ruah.org.au for further information or to book a time to discuss your team requirements.