

# WALKING THE WALK: CREATIVE TOOLS FOR TRANSFORMING COMPASSION FATIGUE



An interactive one-day or half-day program developed by Françoise Mathieu, M.Ed., RP., CCC.

We pay an emotional price for doing the work that we do: Some of us hear difficult stories daily and are frequently exposed to traumatic details from the cases we are working on. We are not always able to help everyone who comes to us for help – the demand often outweighs what we can offer. What is the impact of this work on our own emotional well-being, on our personal life? This is an evidence-based session, integrating the most recent research on trauma-exposed, complex stress workplaces.

This is a highly interactive one-day or half-day workshop, incorporating a combination of solo, small group and whole group activities.

Throughout the day, participants work through a personalized strategic plan that serves as a practical tool for dealing with the effects of their own 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. This workshop can also be adapted to a shorter format: 1.5-2 hour educational session.

## Intended Audience

Helping professionals (in the fields of mental health and general health such as nurses, social workers, physicians, volunteers, clergy, emergency workers, correctional workers, etc.), teachers, school principals, EMS and law enforcement. A modified version of this workshop can also be offered to support staff, administrators and front line workers.

## How it Works

This workshop is provided by one of our talented associates, and the content of the workshop is always adapted to reflect the specific needs of the audience.

