A Workshop for Those Who Work in Helping Roles

Held in your professional setting, this interactive workshop is customized for your specific group in order to maximize its relevance and effectiveness.

The goal is to facilitate an exploration of common symptoms of compassion fatigue in order to increase personal awareness.

Through informal activities, participants will begin to develop a personal action plan to increase self-care.

Sample Workshop Topics

- Clarification of concepts
- Circumstances that make helpers vulnerable to developing CF
- Personal effects of CF: awareness of potential symptoms
- The overall effects of CF on the organizations in which we work
- Self-care strategies that strengthen and restore resilience
- Personal workplace strategies
- Ongoing workplace supports that help address CF
- Developing your personal self-care plan

About Compassion Fatigue

Whatever your helping role, the common denominators include commitment, compassion, and acts of caring.

Another feature shared by members of this group is a vulnerability to developing compassion fatigue as a result of the ongoing impact of being involved in others’ lives in a helping capacity.

“Symptoms of compassion fatigue affect both individuals and the organizations in which they work. Despite the type of work involved, the personal and professional symptoms we are vulnerable to often sneak up on us. We are busy helping others and too often neglect our own needs. Healing and increasing resilience for ongoing work with others require both ongoing awareness and purposeful action on our own behalf.” - Marya M. Barey, Ph.D.

Compassion Fatigue: The Cost of Caring

A Workshop for professionals in helping roles, customized for and brought to your workplace.

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Marya M. Barey, Ph.D. customizes and presents the “Cost of Caring: Compassion Fatigue” workshop to organizations. She is a licensed psychologist who brings over 30 years of experience to her work helping professionals and paraprofessionals across many settings.

Her experience includes running a telephone crisis program, directing a rape crisis center, and assisting in the aftermaths of two plane crashes.

As a compassion fatigue consultant, Marya has worked with a variety of organizations including medical settings and social service organizations. She has also worked extensively with trauma survivors and with individuals with chronic illnesses and cancer.

For the past 18 years Marya has been with Wellspring in roles including administration, psychotherapy, clinical supervision, training, and assistance to employees in local corporations.

She received her Ph.D. from the University of Missouri-Columbia.

**Workshop Objectives**

1. Define the term Compassion Fatigue in comparison with similar and often overlapping concepts.

2. Increase awareness of the potential personal and professional effects of being in a care-giving role.

3. Illustrate the personal consequences that may affect the helper physically, emotionally, cognitively, behaviorally, interpersonally and professionally.

4. Examine the larger existential outcomes -- how the effects of Compassion Fatigue may influence our perceptions of ourselves and the world.

5. Explain how Compassion Fatigue affects the larger organizations in which we work and the systemic problems that may develop.

6. Describe personal strategies that are helpful in preventing and counteracting symptoms on multiple levels.

7. Explore workplace strategies that increase resilience and effectiveness.

8. Learn and practice a simple stress-management technique that has immediate positive benefits.

9. Develop a flexible personal and professional self-care plan to implement right away.

Workshops are customized for and brought to your workplace.

Call us to discuss your unique needs, CEU availability, and workshop fees.

To learn more about the “Cost of Caring: Compassion Fatigue” Workshop, contact:

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