Presented by Community Connections Society of Southeast B.C.
Funded by Ministry of Children and Family Development

Compassion Fatigue, Vicarious Trauma and Self-Care

WHERE: Prestige Rocky Mountain Resort and Convention Centre – Cranbrook, BC
WHEN: Saturday, September 30, 2017
TIME: 9:30 am to 4:30 pm (lunch & refreshments provided)
Cost: $70 per person
PRESENTER: Michael Douglas, MSW; ID
REGISTRATION: Please complete registration form on other side and mail in/phone in with payment

About this Workshop

Compassion Fatigue, often referred to as ‘The Cost of Caring’ is the result of the depletion of emotional and physical energy over time when caring for others. It is characterized by a lessening of our ability to have empathy and compassion and thus strikes at the very core of our being. Vicarious Trauma, which often goes hand in hand with Compassion Fatigue, occurs when the experiences or stories of others transfer to us and we either are not aware of their negative impact or don’t know what to do when it occurs. This workshop is designed to be transformational for people who come from a wide range of caring relationships and helping professions. It is intended to empower participants with the skills; knowledge; and self-awareness necessary to either prevent or transform the effects of Compassion Fatigue and Vicarious Trauma.

Participants will be able to:
1. Understand the similarities and differences between Compassion Fatigue (CF), Vicarious Trauma (VT), Burnout (BO) and Moral Distress (MD)
2. Understand both internal and external causes of Compassion Fatigue and Vicarious Trauma.
3. Recognize signs and symptoms of CF and VT that you and others may be experiencing.
4. Understand the role of stress hormones in CF and VT and how to trigger and utilize the anti-stress hormones to counteract stress’s damaging effects.
5. Develop personalized skills and tools for combating CF and VT.
6. Develop a Self-Care Plan that includes both inner and outer work for alleviating or preventing CF and VT.
7. Write a strategic plan for taking beginning steps toward implementing your Personalized Self-Care Plan.

Biography of Speaker

Michael Douglas (MSW; ID) has approximately 45 years’ experience in various roles within the Human Service Field. During his career, he has witnessed many caring people experience compassion fatigue, including himself. Due to his growing awareness of this problem he attended and received certification as a trainer in ‘Compassion Fatigue and Vicarious Trauma’ from the Compassion Fatigue Training Institute in Kingston, Ontario.

Michael developed and taught for many years in the Human Service Work diploma program at Okanagan College in Kelowna prior to retirement. His main professional goal in retirement is to continue researching and presenting workshops on Compassion Fatigue and Vicarious Trauma. Michael is a seasoned facilitator and presenter. He combines humor, stories, and audience participation to create learning experiences that inspire and empower people to make changes toward a more rewarding, balanced, and less stressful work and home life.
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Sponsored by EKCCRR & EKSCD

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Location: Prestige Rocky Mountain Resort and Convention Centre, 209 Van Horne St S, Cranbrook BC
Fee: $70

REGISTRATION FORM

Participant Information (please print clearly):

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I have the following Food Allergies/Dietary Restrictions: Gluten ______ Vegetarian_____
Any other dietary restriction requires participants to bring their own food.

We kindly ask that everyone attending refrain from wearing scented products such as perfume, cologne, aftershave, body spray, etc. Some of our attendees are sensitive or allergic to fragrances. Thank You!!!

Notes:

- Registration fee includes the workshop, morning/afternoon refreshments, and a delicious hot lunch. Once payment has been received you will be registered for the session
- Please complete and return this registration form with payment (cheque made payable to Community Connections Society, or phone in with credit card) to East Kootenay Child Care Resource & Referral 20-B 12th Avenue North, Cranbrook, BC, V1C 3V7
- Registration Deadline: Friday, September 22, 2017
- For more information or questions please contact EKCCRR at 250-426-5677 or Toll Free: 1-800-661-2445, or by e-mail at ekccrr@shawlink.ca
- No refunds will be given. We will accept substitute delegates with a written/signed letter or email of confirmation from original delegate
- Please retain a copy of this form for your records

EKCCRR & EKSCD are sponsored by Community Connections Society of Southeast B.C.
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