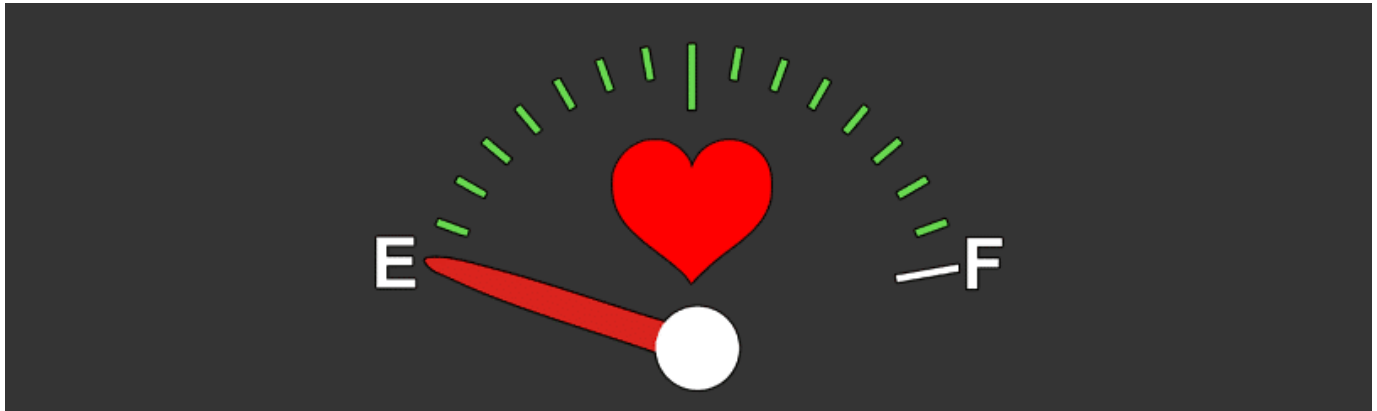


COMPASSION FATIGUE

Northeast Community College Center for Enterprise Virtual Training

WEDNESDAYS | July 8, July 15, and July 22 | 7:00-7:45 pm



Are you running on empty? Compassion fatigue is a condition that plagues many healthcare workers, first responders and other helping professions and is known to most as the "cost of caring." In this three part virtual series, we will discuss various components of compassion fatigue and develop a plan to help you personally combat it.

Join Denis McCarville, founder and senior consultant for Quality Treatment Institute, as he guides you through this workshop. There will be plenty of time for questions and answers.

July 8, Part I

- Define compassion fatigue and two other associated terms: vicarious trauma, and secondary trauma
- Differentiate burnout from compassion fatigue and learn how institutional stress contributes to both
- Develop a 10-minute daily activity that helps combat compassion fatigue

July 15, Part II

- Develop an understanding of the symptoms of compassion fatigue
- Learn about the five main categories of compassion fatigue symptoms
- Develop an understanding of the causal factors of compassion fatigue
- Self-assess your quality of life and where you are on the continuum towards compassion fatigue

July 22, Part III

- Develop a better understanding of how compassion fatigue effects you and your co-workers
- Gain an understanding on how their lifestyle contributes to the probability of developing compassion fatigue
- Develop your own personal Resiliency Plan to combat compassion fatigue



This course is available free of charge during the COVID-19 pandemic. Limited seating is available! This course is eligible for 2.25 CEU's for paramedics, EMT's and first responders if all sessions are attended.

To register, click here.

Contact lindsay@northeast.edu with any questions.

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Main campus: Norfolk | Extended Campuses: O'Neill, South Sioux City, West Point | Regional Offices: Ainsworth, Hartington

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