

One Day Compassion Fatigue Resiliency Training Program:

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This intensive one day Compassion Fatigue resiliency program was developed with the caring professional in mind. This program is for those who wish to learn more about Compassion Fatigue prevention and resiliency in a group workshop format. The program is both didactic and experiential. The program is based on the Traumatology Institute's ARP program.

Who Would Benefit from Participation?

The Accelerated Recovery Program (ARP) was developed for professional, paraprofessional and volunteer or family care-providers who have found that their work has precipitated a compromise in their well being.

What will Participants Learn?

The meaning of Compassion Fatigue (CF) in the lives of care-providers, as well as warning signs and symptoms
Self-assessment, treatment and prevention skills for this debilitating condition

What are some Objectives?

Recognize common risk factors
Develop a resiliency and prevention plan based on up-to-the-minute approaches for negative arousal reduction
Challenge cognitive distortions and enhance self-mastery
Learn useful stress reduction methods
What to do when you feel overwhelmed by your work
Recognize blocks to self-care
Discover resolution exercises that may assist in the release of emotional wounds that have limited your abilities

TO REGISTER OR FOR FURTHER INFORMATION
Contact Traumatology Institute (Canada)

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Phone: 416-229-1477 ext. 335 * Fax: 416-229-9882 * Email: info@psychink.com

Registration Form for ARP 1-day

Send to: Contact us for more information
___ \$ TBA. Workshop cost ___ \$ TBA Workbook

Name: _____ Agency: _____

Highest Degree: _____ Occupation: _____

Street Address: _____ City: _____ Prov: _____

Postal Code: _____ Tel: Home/Work: _____ E-mail: _____

Method of Payment: ___ VISA ___ Cheque or Money Order payable to Psych Ink Resources

VISA Card #: _____ Expiry Date: _____

Name on Card _____ Signature: _____