

## **REGISTRATION INFORMATION**

**To register for Certified Compassion Fatigue Specialist Training Program go to our website:**

[www.psychink.com](http://www.psychink.com)

**Click on the registration link:  
'Register now for in-class training'**

**Set up your student account, choose your course, submit your registration and pay by credit card through PayPal, a secure payment site.**

If you are unable to pay on-line, please contact us directly for assistance at [info@psychink.com](mailto:info@psychink.com).

**Confirmation:** Upon receipt of your registration and payment, you will receive an email confirming the time, date and location of the training workshop. You will also receive an email outlining the pre-workshop preparation materials one month prior to the course start date.

### **Contact us:**

Traumatology Institute  
45 Sheppard Ave E, Ste 419  
Toronto, Ontario M2N 5W9  
Phone: 416-229-1477 ext 335  
Fax: 416-229-9882  
Website: [www.psychink.com](http://www.psychink.com)  
E-mail: [info@psychink.com](mailto:info@psychink.com)

## **GENERAL INFORMATION**

**Workshop Fees:** \$495.00 plus tax (HST)  
Fee includes 3 manuals (Workshop, Treatment & Client Manuals), 2 Training CD's and a Certificate of Completion

**Payments:** All fees are payable in advance through our on-line registration system.

**Cancellation Policy:** Cancellations received up to 14 days prior to the workshop are refundable less an administrative fee of \$100.00. Refunds are not provided if cancellation is made less than 14 days prior to the course start date. In the event cancellation is made less than 14 days prior to the workshop due to illness or unforeseen circumstances, substitutions may be made for an alternate date for the same TI training program or the equivalent on-line training program. If TI cancels a workshop, fees are fully refunded.

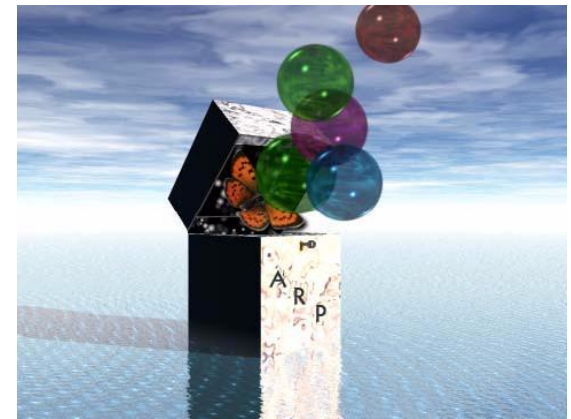
**Waiting List:** We cannot always accommodate everyone who wishes to register. If the course is full and you'd like to be placed on the waiting list contact the Training Coordinator at [info@psychink.com](mailto:info@psychink.com). We convene additional workshops as required.

### **FACULTY Traumatology Institute**

**Dr. Anna B. Baranowsky**, Ph.D. C.Psych. is the Executive Director of The Traumatology Institute. She is the co-developer of the Accelerated Recovery Program (ARP). She has published and presented internationally on Secondary Traumatization; Compassion Fatigue; Trauma Treatment and Therapeutic Relationships.

## ***THE Traumatology Institute PRESENTS...***

### **Certified Compassion Fatigue Specialist Training The Accelerated Recovery Program**



**DATES:**  
**May 5 & 6, 2012**  
**9:30 am - 4:30 pm**

Training location:  
90 Sheppard Ave. East  
Toronto, Ontario

***Register early...  
spaces are limited!***

## **Certified Compassion Fatigue Specialist Training overview:**

**Based on The Accelerated Recovery Program (ARP) for Compassion Fatigue**

This training is for qualified mental health professionals who wish to add a new skill set to their practice.

This course is designed to provide professionals with an in-depth understanding of Compassion Fatigue and instruction in the facilitation of the ARP for Compassion Fatigue (Gentry, Baranowsky & Dunning, 1997). The ARP is a five-session multi-modal protocol designed to assist caregivers in promoting Compassion Fatigue Resiliency and Recovery.

Training includes intensive experiential involvement by participants in each of the techniques utilized in the ARP. Group members will be taught to assess and treat professionals and other caregivers who are experiencing Compassion Fatigue as well as to develop prevention and resiliency skills in themselves and others. This course leads to recognition of Compassion Fatigue Specialization through TI.

**Prerequisite:** Minimum of Masters Degree or current enrolment and clinical experience. For students who have a counselling mandate with no Masters Degree, contact the Training Coordinator for further clarification.

Participants need to complete and come prepared for the workshop with all materials from the **Compassion Fatigue Self Test** located at [www.psychink.com](http://www.psychink.com).

### **Compassion Fatigue Overview:**

Empathy is the tool that caregivers use to establish a healing relationship. Over time, working continuously in emotionally charged situations, this empathy can be overtaxed and exhausted even when the caregiver is diligently maintaining self-care. Compassion Fatigue (Figley, 1995) is a union of Secondary Traumatic Stress and Burnout in the lives of caregivers. Secondary Trauma occurs when one is exposed to extreme events directly experienced by another. Burnout is a state of physical, emotional and mental exhaustion caused by an overwhelming depletion of resources and reduction in one's ability to cope with demands.

When helping others precipitates a compromise in our own well-being we are suffering from Compassion Fatigue. It typically affects two groups of people, those who aid in a professional capacity, and family and friends of those in need.

“By understanding ... Compassion Fatigue [as] the natural, predictable, treatable and preventable consequences of [care giving] we can keep caring professionals at work and satisfied with it” (Figley, 1995).

**ARP Course Description:** The ARP is a five-session treatment program designed to assist helping professionals increase feelings of work confidence, competence and self-validation, as well as regain the positive feelings that initially led the professional to their current vocation. The ARP focuses on enabling helpers regain the ability to work with those they care for while enhancing their ability to care for themselves.

### **Program objectives include:**

- Recognize compassion fatigue triggers and early warning signs
- Identify and utilize resources
- Plan for resiliency and prevention
- Master arousal reduction methods, grounding & containment skills
- Resolve internal/external conflicts
- Commit to wellness and self-care

### **Who Should Attend:**

This program is for mental health professionals who wish to assist caring professionals who are dealing with the impact of Compassion Fatigue. Interested participants may include counsellors, psychologists, social workers, psychiatrists, clergy, employee assistance professionals, clinical supervisors and other helping professionals.