

REGISTRATION FORM

Please register me for:

Certified Compassion Fatigue Specialist Training (The Accelerated Recovery Program)

Date: April 25 & 26, 2009 @ 9:30 am- 4:30 pm

Workshop Fee: \$375.00

Workbook Fee: \$45.00 includes 3 manuals
(**Workshop, Treatment & Client Manuals**)

2-CD Set: \$35.00 includes 2 Training CD's

Certificate of Completion Fee: \$ no extra charge

Total \$455.00 Payable by Cheque or VISA/MC to Traumatology Institute (Canada)

VISA/MasterCard Total Amount: _____

Card No: _____

Expiry Date: _____

Authorized Signature: _____

PLEASE PRINT

Name: _____

Highest Degree: _____

Position: _____

Organization: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Phone: _____ Fax: _____

E-mail: _____

Mail or Fax form & fees to: 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

E-mail: info@psychink.com

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.

GENERAL INFORMATION

Payments: All fees are payable in advance by cheque or VISA/MC, to **Traumatology Institute** and must accompany the registration form. We suggest you register early as spaces are limited. Please forward registration and payment to the address listed on the registration form. If paying by credit card a \$100.00 deposit is required. The balance will be charged approximately 2-weeks prior to training.

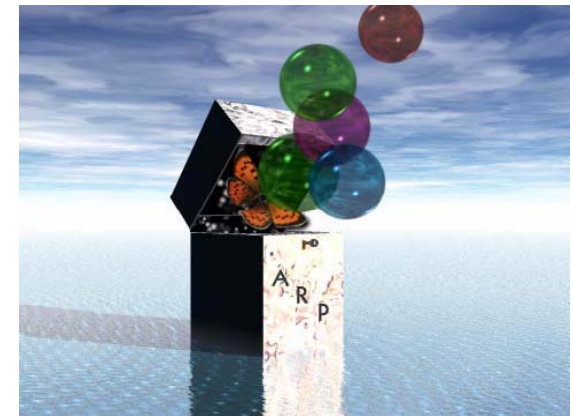
Letter of Confirmation: Upon receipt of your registration form and payment, you will be sent a letter of confirmation stating the time, date and location of the training seminar.

Cancellation Policy: Cancellations received up to 14 days before the workshop are refundable less an administration charge of \$100.00. Substitutions may be made as well. If TI cancels a workshop, fees are fully refunded.

Waiting Lists: We cannot always accommodate everyone who wishes to register. We will notify you if spaces are filled and ask whether you would like to be placed on a waiting list. We convene additional workshops as required.

THE Traumatology Institute

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



DATE
April 25 to 26, 2009

9:30 am- 4:30 pm

@

**90 Sheppard Ave E.
Conference Room
Toronto, Ontario**

www.psychink.com

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. Participants need to complete and come prepared for the workshop with all materials from the **Compassion**

Fatigue Self Test located at 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 deal with the impact of Compassion Fatigue. Interested participants may include counselors, psychologists, social workers, psychiatrists, clergy, employee assistance professionals, clinical supervisors and other helping professionals.