

## **Compassion Fatigue: Do As I Say; Not As I Do?**

Stress Management for the Social Work is an important workshop for all of us who work in the field of Social Work. This seminar explores the “Stress Continuum,” the levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, countertransference, compassion fatigue or secondary PTSD, and vicarious traumatization which may occur as a result of helping others.

Stress management self care techniques will be presented, experienced and discussed. How do we make sure that we are taking care of ourselves, our interns, and how do we model good techniques for the interns?

Upon completion, participants will be able to:

- Discuss three motivating factors for the work we do as Social Workers
- Recognize four of your own signs and symptoms of stress
- Understand the three elements that impact our working with clients
- Discuss two elements of burnout, countertransference, compassion fatigue, vicarious traumatization, and critical incident stress.

### **Learning Materials:**

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

### **Assignments:**

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

### **Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.