



Target Audience:
Health care professionals

Workshop Facilitator:

Valerie Spironello,
MSW, RSW

Valerie has been a social worker for over 20 years working in a variety of settings including health care (palliative care, chronic illness), child welfare, and domestic violence. Valerie is an Assistant Professor (PT) with the Department of Family Medicine and teaches in the Faculty of Health Sciences. She has provided workshops and presentations to health care providers on a variety of topics such as compassion fatigue, work/life balance, and end-of-life care. Valerie is also a meditation teacher trained in the use of mindfulness in the clinical setting.

Registration Fee:

Faculty/Residents/Staff from Depts. in partnership with the Program for Faculty Development (PFD) —no charge (check with Elda if unsure)

Non-partnered Faculty/Residents/Staff (Faculty of Health Sciences educators) - \$ 60.00

External (non-McMaster) - \$ 150.00

Students - \$ 45.00

TRANSFORMING COMPASSION FATIGUE: “SURVIVING TO THRIVING”

Monday, November 28, 2011

9:00 a.m. to 12:00 p.m.

The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet. (Rachel Naomi Remen, 1996).

Compassion fatigue is characterized by deep emotional and physical exhaustion and by a shift in a helping professional’s sense of hope and optimism about the future and the value of their work. It has been called a “disorder that affects those who do their work well” (Figley 1995).

Compassion fatigue is a normal consequence of working in the helping field. The best strategy to address compassion fatigue is to develop excellent self-care strategies, as well as an early warning system that lets the helpers know that they are moving into the caution zone of compassion fatigue.

Join us for this interactive workshop where we will explore the concept of compassion fatigue as it relates to us as health care professionals and develop self-care plans to minimize the effects of compassion fatigue and improve work/life balance.

Workshop Goals:

- To understand the concepts of compassion fatigue and burnout
- Develop tools to recognize compassion fatigue and its effect on work and daily living
- To develop self-care plans (personal and professional) to improve work/life balance

To Register, please email Elda DiCroce, dicroce@mcmaster.ca and provide Firstname and surname, dept/program/school, mailing address, telephone and email contact, and please indicate your discipline, eg., MD, Nrsng, Rehab, etc. or fax this information to: 905-528-6552

3 hrs.—BEST Pathway

(applicable to McMaster Faculty of Health Sciences faculty/residents/staff)