



Target Audience:
Health care professionals

Workshop Facilitator:

Valerie Spironello,
MSW, RSW

Valerie has been a social worker for over 25 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 teaching in the Faculty of Health Sciences at McMaster University. She has provided workshops and presentations to service providers on a variety of topics such as compassion fatigue, work/life balance, mindfulness and end-of-life care.

Valerie is also a meditation teacher trained in the use of mindfulness in the clinical setting. In her private practice Choose Wellness, she provides counseling, groups, workshop and retreats to assist others in living well in Body, Mind and Spirit.

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) - \$ 100.00

HHS; SJH; MFHT; HFHT \$ 100.00

External (non-McMaster/not involved with Mac students) - \$ 150.00

Students - \$ 40.00

TRANSFORMING COMPASSION FATIGUE: “SURVIVING TO THRIVING”

Monday, December 11, 2017 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. (Remen, 1996).

Compassion fatigue is a normal consequence of working in the helping field. It is characterized by deep emotional and physical exhaustion and 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).

Having worked in the field of palliative care, child welfare, domestic violence and now private practice, Valerie knows first hand the ‘Cost of Caring’. Using her ‘re-discovered’ sense of humour, Valerie will share how Compassion Fatigue snuck up on her, changed her and how she survived to tell her story.

In this interactive workshop, Valerie will share in a way that allows participants to reflect on how they are doing and to begin to explore what is needed to continue to be healthy while working in the field.

Workshop Goals:

- Comprehend the concepts of compassion fatigue and burnout
- Acquire tools to recognize compassion fatigue and its effect on work and daily living
- Plan to develop self-awareness and self-care plans (personal and professional) to remain healthy while doing this work

To Register, please use online registration form:

www.fhs.mcmaster.ca/facdev/online_registration.html and mail cheque made payable to **McMaster University** to: Elda DiCroce, DBHSC-5004, 1280 Main St. W., Ham., ON L8S 4K1 , or if paying via University Dept. Account #, please include here:

3 hrs.—BEST Pathway

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

More Info.: dicroce@mcmaster.ca

Refreshments included