

Beyond Compassion Fatigue Workshop

Caring For Health Workers While They Care For Others

Health workers are often exposed to stress and trauma as they work to connect with their clients in a meaningful way. Central to a health workers ability to help others is a need for them to care for themselves.

Beyond Compassion Fatigue helps reinvigorate a health workers passion for social justice, the joy of helping those in need, and their sense of connection and belonging to others. It supports health workers to create and maintain healthy work practices that ultimately protect them from compassion fatigue.

Beyond Compassion Fatigue assists health workers to:

- develop resilience
- enhance their skills and knowledge
- develop a healthy balance in their life
- decrease their risk of stress, burnout, vicarious trauma and/or compassion fatigue
- continue to provide services with compassion and care.

Session Objectives

On completion of this workshop participants will be able to:

- Outline the cause and impact of compassion fatigue on individuals and the workplace
- Reflect on the impact of personal attitudes, actions, frames of reference and choices on coping and resilience
- Enhance skills to promote feelings, attitudes, actions, and choices to enhance resilience and improve practise
- Implement the 5 Step Approach to Preventing Compassion Fatigue
- Identify personal risk factors for compassion fatigue
- Identify personal goals that form part of a self-care plan to enhance wellbeing and performance
- Identify workplace practices that support the wellbeing of health workers

Beyond Burnout is tailored to your workplace needs and objectives. It can be provided in three 2 hours sessions or as a complete day session of 6 hours.

Information and Bookings:

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Shawn Goldberg is an expert in the prevention and treatment of compassion fatigue. He is a senior psychologist with vast experience in areas of abuse, trauma, drug and alcohol and general mental health issues. Shawn is passionate about supporting health workers faced with stress and trauma providing training that is dynamic, thought provoking and practical. Shawn shares his expertise and knowledge with respect and openness.



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