

## Compassion Fatigue Workshop

**Date:** Wednesday, 26 June 2019

**Time:** 9:30am – 12:30pm (3 hours)

**Venue:** Skylight Trust (Level 3, 5-7 Vivian Street, Wellington)

**Cost:** \$95.00

New date  
added due  
to popular  
demand

Compassion fatigue has been described as the 'cost of caring' for others. It is an occupational hazard, which means that almost everyone who empathises with their patients or clients will eventually develop it to some degree. This workshop explores compassion fatigue, its impacts, and better strategies to manage it so that you can be most resilient in your work.

This workshop will cover:

- Definitions of compassion fatigue and the differences between burnout, vicarious trauma, and secondary trauma
- How to recognise signs and symptoms of compassion fatigue
- Risk factors that trigger compassion fatigue in your practice or workplace

At the end of this workshop, participants will have a greater understanding of:

- Differences between compassion fatigue and other types of stress and trauma
- Practical tools and tips for managing compassion fatigue
- Self-care strategies for building resilience in your work

**Facilitator:** Gae Neill (LLB, ATCL)

Gae Neill has been a long-time member of Skylight's Training Faculty, specialising in workshops on change, loss, grief and resilience. She is a member of Skylight's advisory board for the Travellers programme, which supports young people to navigate difficult life challenges.

A former specialist family lawyer, she also works extensively with Youthline Wellington, having set up their Community Ongoing Education Programme. She has run workshops for youth in mainstream and alternative education and provided support for school counsellors working with young people at the coal face.



This workshop is aimed at professionals offering mental and emotional support to clients; including counsellors, clinicians, youth workers, school staff, teachers, and anyone in the social service sector.

**Registration is essential. To register, visit [www.skylight.org.nz/workshop-and-training/workshops](http://www.skylight.org.nz/workshop-and-training/workshops)**