



# Compassion Fatigue

When your job or circumstances invite you to view the world from the perspective of the suffering it is possible to suffer too. The very act of being compassionate and empathic extracts a cost under most circumstances. This depletion is known as compassion fatigue or, sometimes, vicarious trauma. Compassion fatigue can be debilitating robbing individuals of their spark of optimism, sense of humor and hope. It can be exhausting. In this one-hour program we cover the three things every professional helper needs to know. In addition, the program poses some questions back to participants to encourage them to reflect on whether they are at risk, thereby supporting them in any decision they may take to seek follow up.

Participants will:

- Gain understanding of how to self-assess their risk
- Understand compassion fatigue
- Be able to self-monitor
- Put self-care strategies in place

## Mike Collins

Mike has been working as a counsellor since 2001. Mike moved with his family to Drogheda, in Ireland, in 2006 and continued to work with EAP providers such as Optum, as well as opening his successful private counselling practice in 2008. In 2011, he completed his Train the Trainer qualification, and has been developing and delivering workshops and webinars since that time. These cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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