

# HELPING ON EMPTY

Compassion fatigue signs, symptoms and interventions

**This 45min workshop introduces the negative impact of helping and highlights strategies to protect us from it.**

A fundamental reason for working in our field is a desire to help those suffering.

However, it is the empathic response that creates the greatest risk to Burnout, Vicarious trauma and Compassion fatigue.

The good news is that by applying the ABCs of Resilience (awareness, balance and connection) we can neutralise the negative effects of our work.

This talk aims to reinvigorate your passion for working in your field and re-experience the joy of helping those in need.



## Learning Aims:

- Identifying the signs of fatigue and burnout and vicarious trauma
- Applying self-awareness tools to your daily work
- Setting healthy boundaries
- Sharing helpful strategies to thrive
- Understanding the ABCs of resilience

**Shawn Goldberg** is passionate in the prevention and treatment of compassion fatigue and burnout. He is the Director and Principal Psychologist at Mind Up with vast experience in areas of abuse, trauma, drug and alcohol and general mental health issues. Shawn thrives from supporting workers in the helping field faced with stress and trauma. He provides training that is dynamic, thought provoking and practical. Shawn shares his expertise and knowledge with respect and openness.

