

## Registration Form

Name: \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Phone (H & C): \_\_\_\_\_

Phone (W): \_\_\_\_\_

**Please note Lunch is included**

Dietary Allergies/Restrictions **ONLY:**

## Workshop Pricing & Registration

### Cheques made out to SPIN

Earlybird until March 14/18.....\$100.00

Regular March 15 to April 6/18 ....\$125.00

**Registrations are non-refundable**

**Substitutions are welcomed**

## PAYMENT METHOD

Cheque     Cash     Money Order

Total: \$ \_\_\_\_\_

Mail Registration & Payment or attend in person to submit registration & payment to:

B9-800 Rosser Avenue Brandon, MB R7A 6N5

Contact: Kaila Derhak [kderhak@pmh-mb.ca](mailto:kderhak@pmh-mb.ca)

Ph: 204-578-2490 Fax: 204-571-2951

*Email confirmation will be sent once payment is received*

*Receipts will be available at the April 11, 2018 workshop registration table*

## Workshop Objectives

### Participants will:

- Understand compassion fatigue and the relationship to PTSD
- Self-identify risk factors, symptoms and triggers
- Explore tools for reducing/managing compassion fatigue
- Complete an inventory of coping skills
- Identify / review current strengths
- Create Personal and Workplace Resiliency Plan
- Discuss potential strategies to enhance current Health & Wellness Policies

## Agenda

**Understanding and Managing Compassion Fatigue:** Tools needed to deliver effective service while maintaining physical and emotional well-being.

8:30-9:00am ..... Registration  
9:00-9:15am.....Welcome & Introductions  
9:15-10:30am.....Morning Session  
10:30-10:45am .....Refreshment Break  
10:45-12:00pm.....Morning Session  
12:00-1:00pm.....Lunch  
1:00-2:30pm .....Afternoon Session  
2:30-2:45pm.....Break  
2:45-3:30pm.....Afternoon Session  
3:30-4:00pm.....Wind-up to the day

**Lunch and Break Refreshments**

**Included**

## Brandon and Area SPIN



# UNDERSTANDING AND MANAGING COMPASSION FATIGUE

**with Jane Bradley, BA Psych.**

**Certified Compassion Fatigue Specialist**

**Registered Psychotherapist**



**One-Day Workshop: April 11, 2018**  
**8:30 a.m. — 4:00 p.m.**



**Clarion Hotel & Suites**  
**3130 Victoria Ave**  
**Brandon, MB 1-800-852-2709**

# Brandon and Area Suicide Prevention Implementation Network (SPIN)

Presents

## COMPASSION FATIGUE WORKSHOP April 11, 2018

### About

### Jane Bradley

Jane Bradley, BA Psychology is a Certified Compassion Fatigue Specialist living and working in the Niagara region of Ontario. She has spent much of her career healing trauma and crisis. She has counselled high risk youth, abused women and their children, developmentally delayed adults, Newcomers to Canada, people living with HIV/AIDS, the homeless and people living with serious mental illness.

Jane specializes in Caregiver Support, paying particular attention to the effects of Compassion Fatigue, as well as trauma recovery, addictions, relationship stress, managing anger & stress and healing from abuse.

In addition to her private practice, Jane facilitates creative and innovative workshops for young adults with developmental delays, homeless/ at risk youth, teens with eating disorders, adults with mental illness, men living in poverty and adult survivors of sexual abuse.

Jane has also studied Critical Incident Stress Management, Political and Social Issues of Childhood Sexual Abuse, Emotional Freedom Technique, improvisation at Second City, Toronto and Drama in Education at Brock University in St. Catharines, Ontario.



Jane Bradley's website:

[keystocompassionfatigue.com](http://keystocompassionfatigue.com)



**PHILOSOPHY:** It is important for people to have the opportunity to feel better about their lives, whatever their circumstances. When we feel self assured and confident, we enhance both our own reality and the communities in which we live. By living our lives courageously, we inspire others to do the same ...

Jane Bradley

[www.spinbrandon.ca](http://www.spinbrandon.ca)  @brandon\_spin  spinbrandon

**COMPASSION FATIGUE** is a series of symptoms, both physical and psychological, that develop slowly over time in response to serving those in need, particularly those with a history of trauma. Compassion Fatigue is also known as Vicarious Trauma or Secondary Trauma. Understanding and managing these symptoms is key to achieving a long and satisfying career as a professional caregiver. Jane Bradley has designed the Keys to Compassion Fatigue workshop series to include a balance of theory and practical strategies that give Caregivers the tools they need to deliver effective service while maintaining physical and emotional well being.

**WHO SHOULD ATTEND?** This workshop is for anyone who works or volunteers in the helping field. This can include but is not limited to...

- |                                  |                          |
|----------------------------------|--------------------------|
| Mental Health Services           | Addiction Services       |
| Social Services                  | Education System         |
| Child Welfare Workers            | Crisis Workers           |
| Corrections / Victim Services    | Police/Fire/EMS          |
| Hospital & Emergency Departments | Home Care                |
| Military Support Services        | Senior Services          |
| Newcomer Services                | Sexual Assault Centres   |
| Foster/Group Home Care           | Palliative Care Services |
| Day Care Workers                 | Youth Services           |
| Pastoral Care Services           | Animal Welfare Workers   |
| Legal Service Workers            | Funeral Home Staff       |
| Domestic Violence Workers        | Family Care Providers    |