

Registration Form

Name: _____

Agency/Organization: _____

Title: _____

Email: _____

Phone (H & C): _____

Phone (W): _____

Workshop Pricing & Registration

Cheques made out to SPIN

Earlybird until March 14/18.....\$50.00

Regular March 15 to April 6/18\$75.00

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

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

Email confirmation will be sent once payment is received

Receipts will be available at the April 12, 2018 workshop registration table

Workshop Objectives

Participants will:

- Acquire a deeper understanding of compassion fatigue
- Demonstrate relationship to Post traumatic stress disorder
- Identify common risk factors, symptoms & triggers in staff/volunteers
- Outline tools for reducing/managing compassion fatigue
- Identify / review current strengths
- Create workplace resiliency plan for combating/preventing compassion fatigue
- Develop potential strategies to enhance current Health & Wellness policies
- Address road blocks (cost, time management, commitment)

Agenda

Understanding and Supporting Staff:

Tools needed to deliver effective service while maintaining physical and emotional well-being.

Open discussion, "Out of the Box" thinking, networking and brainstorming.

8:30-9:00am Registration

9:00-9:15am.....Welcome & Introductions

9:15-10:30am.....Understanding Compassion Fatigue

10:30-10:45amRefreshment Break

10:45-12:00pm.....Explore workplace resiliency planning, strategies to enhance workplace health & wellness and tips to effectively support staff.

Break Refreshments Included

Brandon and Area SPIN



UNDERSTANDING COMPASSION FATIGUE: STRATEGIES TO SUPPORT STAFF AND THE WORKPLACE

with Jane Bradley, BA Psych.

Certified Compassion Fatigue Specialist

Registered Psychotherapist



April 12, 2018 / 8:30-12 p.m.

Half-Day Workshop

For

Managers/Directors/ Administrators

Supervisors/Team Leaders



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 12, 2018 (Morning)

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. Catherines, Ontario.

Jane Bradley's website:

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  @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 Managers, Directors, Administrators, Supervisors, Team Leaders & anyone who is responsible for overseeing staff in the helping field. This can include but is not limited to...

Mental Health Services	Addiction Services
Social Services	Education System
Child Welfare Services	Crisis Services
Corrections / Victim Services	Police/Fire/EMS
Hospital & Emergency Services	Home Care Services
Military Support Services	Senior Services
Newcomer Services	Sexual Assault Centres
Palliative Care Services	Youth Services
Day Care	Pastoral Care Services
Animal Welfare Services	Legal Services
Funeral Home Services	Domestic Violence Services