



Understanding Compassion Fatigue

*as a Healthcare or Human Services
Professional*

in the Midst of COVID-19

Monday, August 31, 2020

10:30 AM – 12:00 PM

WebEx Webinar

Presenter:

Linda Shumaker, RN – BC, MA

Optimize Aging

In the midst of an unprecedented global pandemic, professional and family “caregivers” are facing an increasing number of stressors. Driven by vast uncertainty, there is a desire to help but an ongoing struggle to protect oneself and one’s family, as well as one’s clients. This overwhelming “angst” can produce physical and emotional responses that, at times, seem inescapable.

The Schedule:

10:30 AM	The Uncertainty of Today
10:45 AM	The Mind Body Connections - “Our” bodies’ responses
11:00 AM	The differences: Compassion fatigue, Vicarious trauma and Burnout
11:30 AM	Strategies in Prevention
12:00 PM	Conclusion and Evaluations

Participants will be able to:

- Differentiate between “compassion fatigue,” secondary traumatic stress, and burnout.
- Define components of “compassion fatigue” and it’s “edge states.”
- Learn how compassion fatigue can present itself in both healthy and unhealthy ways.
- Discuss why some of us suffer from it more “personally” and how we can “protect” ourselves.
- Discover “tools” to use to stay healthy not only physically but emotionally.
- Learn how to protect ourselves yet do our job; keeping our friends, families and clients well.

Register by August 27, 2020

at <https://www.palink8.com> or
mbottorf2016@gmail.com



*Serving Centre, Clinton, Lycoming, Union, Snyder,
Northumberland, Columbia, Montour and Schuylkill Counties*

570-428-3521

www.PALink8.com