

COURSE TITLE : COMPASSION FATIGUE AND SECONDARY TRAUMA IN HUMAN SERVICES

Trainer:

Lori Goossen is a registered social worker who qualified in 1994 with a BSW. She has practiced in Canada, the US, and the UK.

Lori has a PG Dip in Child Studies and is currently undertaking her MA in Advanced Social Work (Practice Education and Training). Her extensive practice has included safeguarding, adolescent sexual offending, child and adolescent mental health, and early intervention with families.

In this role she has developed an interest and specialism in the psychological impact of front line social work, and offers a number of courses and seminars in the areas of compassion fatigue and secondary trauma.

Aim:

This course aims to provide social workers with the knowledge they need to identify and mitigate their risk for compassion fatigue and secondary trauma as a result of their work. We will look at indicators of secondary trauma; the impact on the person, professional, the organisation, and the service user; we will also look at compassion satisfaction, resilience building and “working protectively”.

Learning Outcomes:

By the end of the day participants will:

- Understand the concept of compassion fatigue/ secondary trauma and its relationship to their work
- Be able to identify and self-assess their risk for compassion fatigue
- Understand the impact of compassion fatigue personally and professionally including the impact on assessment
- Understand the concept of compassion satisfaction and develop a self-care plan to help build resilience and protective working strategies

Duration of Course:

One day (9:30am-4:30pm with breaks)

Numbers:

Between 12 and 20

Target audience:

Social workers; social work managers; professionals in "front-line" human services (medical, emergency services, clergy, etc)

Teaching Method:

Teaching is delivered with supporting power point presentation, small group work, group discussion, as well as self-assessment.

Course Synopsis:

Compassion fatigue and secondary trauma are an often neglected area of stress for social workers, having a significant impact on social workers personally and professionally, on organisations, and on service users. Compassion fatigue occurs on a spectrum and can range from impacting mildly on a person to having debilitating effects similar to those of PTSD.

Participants will:

- Explore the link between primary trauma of service users and secondary trauma of professionals
- Reflect on the impact of primary and secondary trauma on their person and work
- Reflect on their compassion satisfaction, resilience, and self-care
- Identify ways to personally and professionally mitigate compassion fatigue and strengthen compassion satisfaction and resilience