

# COMPASSION FATIGUE



PREFERRED TRAINING  
NETWORKS



**YOUR TRUSTED  
LEARNING AND  
DEVELOPMENT  
ADVISOR**

Compassion Fatigue is a unique type of burnout experienced by individuals in helping professions. Participants in this course will learn how to recognise the signs, symptoms and causes of compassion fatigue and develop strategies to address them. Through small group discussions, case studies, and interactive activities, participants will gain better understanding of the factors that lead to compassion fatigue and develop effective coping strategies to help manage it. This course will provide participants with the knowledge, skills, and resources needed to support themselves and their team members in dealing with compassion fatigue.

## KEY COURSE CONTENT

- Recognise symptoms of compassion fatigue
- Understand the causes of compassion fatigue
- Develop coping strategies to manage compassion fatigue
- Increase self-care practices to protect against compassion fatigue
- Utilise organizational policies and resources to prevent compassion fatigue
- Learn the effects of vicarious trauma on professionals
- Accidental counselling insights
- Debriefing and relaxation techniques
- Identify personal and professional boundaries
- Explore healthy ways of managing stress and distress in the workplace

## NUTS AND BOLTS



### Target Audience

Leaders, managers, team leaders, and employees



### Duration

Available as a full-day or half-day course



### Delivery

Available in-person at your organisation/venue, or virtual



### Group Size

Recommended 4 to 10 participants



### Resources

Participants receive a certificate of completion & opt for a free follow-up refresher course with the original trainer

## GET A QUICK QUOTE

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