

# The Cost of Caring: How to Defeat Compassion Fatigue Workshop



Animal workers have some of the highest levels of compassion fatigue, the emotional and physical depletion that results when we are repeatedly exposed to the pain and suffering of others. Sadly few have been trained on how to prevent and or cope with the emotional challenges of the work. This workshop will do just that!

**When:** Tuesday, July 18, 2017 6-9 pm

**Where:** David Means 4H Building, 10117 HIGHWAY 171, Grand Cane, Louisiana 71032

**Intended for:** DVM's, veterinary technicians, ACO's, shelter workers and animal rescue workers

**It's FREE but registration is REQUIRED.**

For more information and to REGISTER, go [here](#):

Facilitated by Julie Squires, Certified Compassion Fatigue Educator and Specialist. Julie has over 25 years of experience within the veterinary field and is the founder of Rekindle LLC, a company that is dedicated to training animal workers how to prevent and heal from compassion fatigue so they can continue doing the work they love. [www.rekindlesolutions.com](http://www.rekindlesolutions.com)

This workshop is graciously sponsored by:





## **"The Cost of Caring: How to Defeat Compassion Fatigue"**

**July 18, 2017 6-9pm**

**LSU 4 H Ag Building, 10117 Hwy 171, Grand Cane, LA 71032**

**Facilitator: Julie Squires, Rekindle LLC, Certified Compassion Fatigue Specialist**

### **Part I. Understanding the Problem**

Introduction to Compassion Fatigue, Secondary Trauma and Burnout

Signs and Symptoms

Moral Stress

Contributing Factors Breakout

-Give voice to "what's difficult"

Compassion Satisfaction

### **Part II. Strategies to Transform Compassion Fatigue**

Identify current stressors; work/life balance

Self-Care

Mind Management

-learn how to coach yourself and shift negative thoughts and those that keep us stuck

Stress Reduction and Management

Letting Go

Committing to a Self-Care Plan

Quiz/Evaluations/Closing

*Julie Squires has over twenty five years of experience within the veterinary industry both working in practice as a veterinary assistant and hospital administrator and leading organizations, developing and executing training most notably for Nestlé Purina, Bayer Animal Health and IDEXX Laboratories. She is a graduate of SUNY Oswego and a Certified Compassion Fatigue Specialist through Traumatology Institute. Julie has also completed compassion fatigue training from The Figley Institute, Traumatology Institute and TEND Academy. Julie's clients also gain from her training and experience as a Certified Life Coach.*