



# Preventing Vicarious Trauma, Compassion Fatigue & Burnout

One Day Training Workshop.

Empathy forms the bedrock for all work in therapeutic, front line, emergency, health, social and pastoral care services. While a vital tool, unbounded empathy, particularly when working with traumatized individuals and groups, poses real and potentially serious consequences for the health and wellbeing of the care professional. Longevity of career, sustainment of meaningful and effective engagement and work satisfaction hinges on having in place a strong foundation and commitment to self-care. This requires developing and enhancing strategies to counterbalance the potential risks and impact of vicarious trauma, compassion fatigue and burnout. Based on **Babette Rothschild's 'Help for the Helper'** bestselling book, this one day workshop will offer participants an opportunity to:

- Learn and expand on their knowledge and understanding relation to the value, importance and pitfalls associated with empathy
- Learn to recognise the signs of vicarious trauma, compassion fatigue and burnout
- Develop tools and strategies for increasing and maintaining stability, autonomic regulation and clear thinking to help minimize the risks associated with vicarious trauma, compassion fatigue and burnout

## **Who should attend?**

This one day workshop is ideally suited for those working in therapeutic, front line, emergency/first response, trauma, health, pastoral and social care services. The theory, tools and techniques presented in this workshop are easily integrated across the widest range of treatment modalities including CBT, EMDR, SE etc.

**Workshop/Participant fee: Details available on request**



**Patricia Bourke D'Souza** is an accredited Counsellor and Psychotherapist (MIACP, MIAHIP) since 2001 and an accredited Supervisor (MIACP). Patricia has assisted Babette Rothschild on her training tours of Australia, New Zealand and Singapore and co-trained on her tours of Australia in 2016-2017.

Patricia works as a Somatic Trauma Therapist, Trainer, Supervisor and Consultant and co-ordinate /manages the implementation of the National Music in Mind programme and the Music in Mind and Mind Your Mental Health Mental Health Promotion initiatives for programme refugee populations on behalf of Mental Health Ireland.

For over 20 years Patricia has worked in the corporate, statutory, voluntary, educational, community and voluntary sectors in Ireland and abroad and has considerable experience working in the homeless and mental health sectors where she led out on the development and implementation of a number of mental health and social care national training programmes and workshops.

Among her speaking engagements Patricia was invited to address the Oireachtas Joint Committee on Arts, Heritage, Regional, Rural and Gaeltacht Affairs on the topic 'Caring for the Elderly and Disadvantaged in Rural Ireland'.

Patricia is passionate about her work with groups from diverse backgrounds. This includes ethnic minority groups, faith based groups, refugees and vulnerable/marginalised populations.