



# Compassion Fatigue Australia Helping The Helper

## Compassion Fatigue Prevention Train the Trainer Programme June and September 2018

Did you know that there is a cost to caring? Is your workforce exposed to the suffering, traumatised, sick, dying and vulnerable of our society as a function of their duties? If so, then there is a high chance of them developing compassion fatigue.

Compassion fatigue is insidious, and cumulative, and can have far reaching harmful effects, on an individual and organisational level.

Compassion fatigue is a recognised Health, Welfare and Safety Hazard (HWS) to helping organisations, and addressing this condition is an ethical imperative.

### **The Helping the Helper Train the Trainer Programme**

- Has been designed as both an awareness raising and preventive model.
- It is an integral part of resiliency training, ensuring that the organisation continues to maintain focus on well-being, from new recruits through to the entire workforce.

**For optimal learning and interaction, the number of participants is limited to 10**





## The Benefits

- You have the assurance that your qualified staff have been assessed and certified in having the knowledge, skills and behaviours to competently deliver the programme throughout the organisation.
- The Compassion Fatigue Australia Train the Trainer programme is unique. There is no other like it, because it has been specifically developed for front-line organisations such as your own. Therefore, your trainers will be trained to deliver a programme relevant to your core business.
- Among most training courses there is little or no follow up after the initial training. Because of the importance of the subject matter, monthly support for the trainers, for a period of 4 months at no extra cost is included.
- Your organisation attains the rights of the programme. Compassion Fatigue Australia understands that you may need to make some **slight** modifications to put the training into the context of your organisation and improve relevancy. For example, case studies and applicable terminology. **It is agreed that the essence and flow of the programme remains untouched and the ownership of the programme and copyright always remains the property of Compassion Fatigue Australia.**
- Participants will receive training materials and certificates of completion.

## The Learning Outcomes

**After completing the Helping the Helper: Train the Trainer Programme, your presenters will be able to:**

- Competently deliver the programme to your workforce
- Gain a thorough understanding of compassion fatigue .
- Be exposed to the literature on compassion fatigue
- Recognise and discuss the signs and symptoms of compassion fatigue
- Outline and interpret the core components and structure of the Interdependent Model of Wholeness specifically designed for this programme and know how to apply it
- Utilise and interpret assessment tools designed to measure compassion fatigue
- Demonstrate selected self-care practices
- Assist staff to design individual and team self-care and support strategies
- Discuss and apply learning exercises



# The Criteria for Participants

To qualify for the Train the Trainer programme participants must:



Have a minimum 5 years experience in the field



Have strong communication and interpersonal skills



Love what they do



Be personable and approachable



Have a passion for continuous learning and sharing knowledge





## Your Facilitator

### *Anastasia Goussios*

Your facilitator is Anastasia Goussios, Founder and Director of Compassion Fatigue Australia. As a registered psychologist, based in Adelaide, Anastasia's career spans over three decades. Her professional experience includes, the corporate and forensic arenas, rural and remote communities, private practice and advisor to high stress, trauma exposed organisations.

Anastasia's fortuitous introduction to the term "compassion fatigue" came whilst preparing a presentation on burnout for a group of health professions in a remote South Australian town.

As Anastasia researched further into compassion fatigue, it became evident that there is an overwhelming cost to those who care for others. Anastasia also discovered that she too was unknowingly suffering from compassion fatigue, and so became mindful of the way she practiced, by including herself in the circle of compassion, along with those whom she supported.

Because she felt so strongly about "the cost of caring" Anastasia established Compassion Fatigue Australia. Her core business is to raise awareness of compassion fatigue and work collaboratively with organisations to reduce risk and encourage a culture of self compassion.



Anastasia's principal vision, is to break the silence and stigma associated with compassion fatigue. To this end she creates space for those on the front line to learn about compassion fatigue, develop strong self-care practices and have courageous conversations, which begin to transform the culture of the team, the organisation and ultimately the wider community.

*You are not alone!*