Compassion Fatigue Workshop

Health Enabling for Listening Professionals™
An experiential workshop for those who witness others’ stress or trauma

Recognize:

♦ Effects of listening to others’ pain
♦ Physical and emotional challenges of your work
♦ The toll this work takes on you

Learn to:

♦ Practice stress management techniques
♦ Experience meditation, aromatherapy, journaling and more
♦ Create a personalized self-care plan

Recapture your energy for working with the public!

Join us for a full-day workshop exploring the effects of vicarious trauma and learning wellness strategies.

We offer customized workshops for groups of eight or more.

Earn 6.5 Social Work CEU credits through the National Association of Social Workers Colorado

Includes: continental breakfast, interactive exercises, round-table discussions, a nutritious lunch and wellness gift bags.

Workshop Cost: $125/person
Limited scholarships available

For more information and to register email admin@traumahealth.org or call (303)860-0660