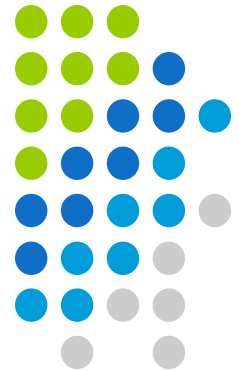


# Compassion Fatigue Workshop



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](mailto:admin@traumahealth.org) or call (303)860-0660