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# Compassion Fatigue Resiliency & Recovery - Educator

## Course Outline

**Become Trauma Informed Today**



## Course Outline

### TI-107 – Compassion Fatigue Resiliency & Recovery - Educator

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#### Course Description:

Compassion Fatigue Resiliency & Recovery – Educator course provides clear messaging around the impact of caring for trauma survivors and the commitment needed for ongoing care for oneself. It has long been known that stress has negative physical and emotional effects and that ongoing high levels of stress can produce or increase the chances of developing many physical and emotional illnesses including heart disease, cancer, alcoholism/addiction, depression, hypertension, and the list goes on and on.

As Community & Workplace Traumatologists are often exposed to Primary, Secondary and Vicarious Trauma, Compassion Fatigue - the result of cumulative traumatic stress and burnout in care professionals comes as part of the occupational hazard. However, it does not have to be this way. By developing and implementing good self-management and self-care skills, CW Traumatologists will have improved skills in managing stress levels and regaining higher levels of functioning.

Students will be able to refresh their outlook by exploring what happens in high demand careers or when caring for others where exposure to secondary trauma is a common element. Find out what approaches work well to re-energize and replenish care providers when demands seem overwhelming

#### Who Would Benefit From Participation:

This course will benefit professionals, para-professionals, mental health practitioners, emergency responders, medical staff, legal professionals, Red Cross members, those working in Victim Services and others who work to provide services for those who have experienced trauma, serious injury or illness.

#### Learning Objectives:

- Gain an overview of Compassion Fatigue, Secondary Traumatic Stress, Burnout & Stress reaction.
- Review relevant literature in the area of Compassion Fatigue, Vicarious Traumatization, Burnout & Secondary Trauma Response.
- Be exposed to self-evaluation materials for self-reflection or referral to others.
- Identify Compassion Fatigue responses and related difficulties.
- Identify key approaches and strategies for addressing Compassion Fatigue and related stressors.
- Understand the proposed and theoretical “active ingredients” to effective Compassion Fatigue care.
- Reflect on effective tools for self-care.
- Learn how to respond to Compassion Fatigue & Burnout warning signs and implement resiliency strategies.

#### Course Evaluation:

Students are required to complete all training components in order to successfully complete this program.

#### Required Course Listening:

TI-107 Compassion Fatigue Resiliency & Recovery - Educator Learning Module