

# *We Are a Sensitive Bunch*

## **A Workshop on Compassion Fatigue for VAW Staff**



Anselma House - 700 Heritage Drive, Kitchener, Ontario  
9:00 am – 4:00 pm  
**September 25, 2013**– Management Staff  
**October 23, 2013** – Front-line Staff

### **AGENDA**

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|--------------|---|--------------------------|
| <b>9:00</b>  | Registration / Coffee   |                          |
| <b>9:30</b>  | Welcome / Introductions   |                          |
| <b>9:45</b>  | Coping with Vicarious Trauma and Enhancing Vicarious Resilience: Key Strategies for a Supportive Organizational Culture | <i>Michele Braniff</i>   |
| <b>10:45</b> | Break   |                          |
| <b>11:00</b> | Compassion Fatigue / Vicarious Trauma   | <i>Catherine Skillin</i> |
| <b>12:00</b> | Lunch   |                          |
| <b>12:45</b> | Compassion Fatigue / Vicarious Trauma (cont'd)  | <i>Catherine Skillin</i> |
| <b>2:15</b>  | Break   |                          |
| <b>2:30</b>  | Compassion Satisfaction / Resiliency Skills to Address Vicarious Trauma   | <i>Sandy Parkinson</i>   |
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## **Michele M.B. Braniff, LL.B., M.T.S., G.Dip.**

*Michele is a versatile professional with an extensive background in law, mediation, training, small business, social innovation, counselling and children's mental health. Michele is currently a Program Manager with Lutherwood. Michele's leadership style emphasizes collaborative leadership, effective communication and facilitation of resilient organizational culture.*

***Coping with Vicarious Trauma and Enhancing Vicarious Resilience: Key Strategies for a Supportive Organizational Culture*** - This workshop takes a systems approach to wellness. Many occupational risks arise out of human or technological error or environmental factors. Professionals who work with clients in trauma are exposed to risk through empathetic engagement: the very attributes, skills and relationship skills which are at the core of successful interventions also make these professionals vulnerable to vicarious trauma. Using a variety of presentation strategies for integrated right and left brain learning activities, Michele will invite participants on a journey of reflection beginning with the empathy spectrum (from vicarious trauma to vicarious resilience) in order to explore organizational responses to risks of trauma and facilitation of staff resilience. The learning goal will be to explore and develop a tool kit of strategies for effective leadership to develop resilient teams/ organizations.

## **Catherine Skillin, Psy.D., RMFT**

*Catherine is currently the Director of Counselling Services at The Salvation Army Women's Counselling Centre in Erin Mills Ontario. She has been the incumbent in that position for 5 years. Catherine holds the following degrees: Bachelor of Arts (Psychology), Master of Theological Studies (Pastoral Counselling) and Doctor of Psychology. She is a Clinical Fellow and Approved Supervisor of the American Association for Marriage and Family Therapy and a Specialist in Pastoral Counselling Education with the Canadian Association of Spiritual Care. Prior to her work at the Women's Counselling Services, she has worked in a variety of employment settings in social services. She has also served as a full time faculty member at Booth University College in Winnipeg and as a member of pastoral teams in two different church congregations. She has worked in the fields of addiction, developmental services, emergency shelters and most recently VAW. She serves as an Officer in the Salvation Army with the rank of Major.*

***Compassion Fatigue / Vicarious Trauma*** - This workshop will include both theory and experiential components regarding Compassion Fatigue and Vicarious Trauma. We will explore the definitions of terminology as well as the signs and symptoms of Compassion Fatigue and Vicarious Trauma. We will discuss how to identify if we are in danger of finding ourselves struggling with either condition. We will also understand how to recognize it in other people. We will learn a method of debriefing that we can utilize as necessary that does not result in the "spreading" of the trauma to other people. We will also begin to develop some tools that we can use to mitigate the effects of our work on us.

## **Sandra Parkinson**

*Sandra is a Community Educator with the Canadian Mental Health Association Waterloo Wellington Dufferin, with the Health Promotion and Early Intervention team. Originally trained as a Registered Nurse, she has worked in various roles related to mental health in both hospital and community for over 30 years. Sandra has had the privilege of connecting with a wide range of caregivers over the years and passionately believes in the importance of strengthening the ability to sustain our caring and compassion.*

***Compassion Satisfaction / Resiliency Skills to Address Vicarious Trauma*** - This session will provide information and strategies that focus on supporting our compassion satisfaction. We will explore what we can do for ourselves at work and at home; how strengthening our resiliency skills can help counter balance the impact of compassion fatigue and vicarious trauma.