

## Addressing Compassion Fatigue and Vicarious Trauma in Ourselves and our Colleagues

A one-day workshop for therapists, social workers, educators, and others working in mental health services

Are you, or someone you work with, experiencing any of the following:

feeling emotionally numb?  
increased illness or fatigue?

feeling disconnected from friends and family?  
feelings of apathy or cynicism about your work?

difficulties making decisions?  
loss of empathy for clients?

Working in the helping professions means that we are frequently secondary witnesses to the trauma and severe stress experienced by our clients. It is human and natural to be affected by others' suffering. However, the potential risk of vicarious trauma, compassion fatigue and burnout is a major concern, taking its toll on many practitioners.

Identifying these experiences associated with our work, and addressing our safety and self-care individually and with our colleagues, are essential and often under-prioritized skills within our professions. In this practical and experiential workshop, underpinned by Adlerian principles and practice, Anthea Millar will address the following:

- **Understanding Compassion Fatigue, Vicarious Trauma, and Secondary Traumatic Stress**
- **The Neuroscience of 'Second-Hand Shock'**
- **The Challenge of Empathy**
- **Interventions Enabling Practitioner Safety and Self-Care**
- **Strengthening Networks of Support within our Workplaces**



**Presenter: Anthea Millar, MA, MBACP (Snr. Accred), Dip.IIP**

Anthea Millar is a UK based senior accredited Adlerian psychotherapist, psychotherapy trainer and supervisor educator, with over 35 years' experience of working within the National Health Service, with Employee Assistance Programmes, and numerous social services, educational and charitable agencies. Anthea founded the 4-year Adlerian counselling training programme in Cambridge over 30 years ago and is now one of its course consultants. She is actively involved in the Adlerian Society of the UK as a Vice-President and also as a co-editor of the UK journal. Anthea is co-founder of Cambridge Supervision Training [www.cambridgesupervisiontraining.com](http://www.cambridgesupervisiontraining.com) and co-author of the book 'Practical Supervision: How to become a Supervisor for the Helping Professions'. She has written extensively on trauma and related topics.

**Wednesday, September 27, 2017**

**9:00am – 4:00pm**

**RA Centre – 2451 Riverside Drive Ottawa, ON**

**Cost: Early Bird & Students \$150.00 +HST    Regular (after Sept 1/17) - \$175.00 + HST**

*Continuing Education Credits (CECs) available*

**To register, please call the Adlerian Counselling and Consulting Group at 613-737-5553 or email [info@adleriancentre.com](mailto:info@adleriancentre.com)**

The Adlerian Counselling and Consulting Group has been a leader in providing counselling and psychotherapy services in the Ottawa area for 35 years. Our team is a highly skilled group of experienced therapists who work with individuals, couples, and families, to find positive and creative solutions to the challenges they face.

**[www.adleriancentre.com](http://www.adleriancentre.com)**