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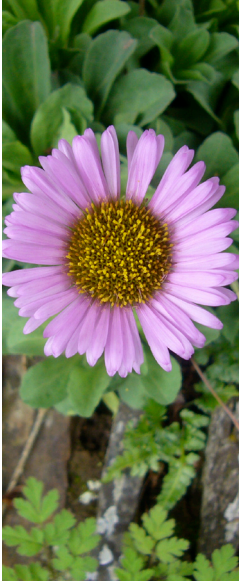
learning & development



Sustainable Caring

Managing the impact of working
with others' distress

Sustainable caring



A one day course for those working in the caring professions including counsellors, psychotherapists, mediators, health professionals, social workers, teachers, clergy, care and support workers.

Understanding the impact of our work and our own vulnerabilities allows us to prevent, ameliorate and transform the negative impact of our work on ourselves. Then we can enhance the positive impact of our work, including our sense of hope, our admiration for human resiliency, and our recognition of the difference one relationship can make in someone's healing and life.

Transforming the Pain: Saakvitne and Pearlman

This course focuses on the impact on care professionals of the work they do with people in need or distress. Compassion fatigue, or secondary stress, affects most care-givers at some point – it can almost be seen as an occupational hazard. Ongoing exposure to the trauma and pain of others affects us in different ways and can have an impact on our professional and personal lives. This day gives an opportunity to learn more about the nature of compassion fatigue and the research that underpins it. We will also explore some of the factors that promote resilience in care-givers in order to continue to provide high quality services while maintaining strong self-support. One way to do this is by sharing our experiences with similar others, hearing others' coping strategies and learning new ones.

Learning objectives:

- to learn about recent theories of compassion fatigue and how they apply to participants' areas of work
- to consider the impact on the professional of working with people in pain and distress
- to learn about conditions which promote resilience in workers and how to put them into practice
- to experience support through shared experience
- to consider next steps towards a more sustainable and satisfying work experience

Benefits to the organisation

- Improved staff motivation and retention
- Strengthening of team through sharing of experience
- Increased staff awareness and responsibility of own needs for self-care
- Sustainable provision of high quality services

Training style

All courses are practical and experiential, involving delegates in a wide range of learning activities, discussions and group work. The atmosphere is informal and encouraging of involvement. Creative activities are included to inspire individual development and learning.

Group size

Group size is flexible according to the needs of the company. We work on a ratio of one facilitator to 12 delegates and two facilitators for larger groups. Our groups allow for high participation and intensity of input with small group exercises and peer feedback to enhance learning.

Resources

All courses include handouts and resources for further exploration.

Cost

Please contact us with your needs so that we can offer you the most cost effective package for your organisation. Our fees are based on the number of facilitators needed and include pre course discussion with training organiser plus handouts and materials. VAT and travel expenses will also be included.

For further information and bookings

Please contact Jo McAndrews at Lifetime to discuss your thoughts and requirements. Courses are tailored to the needs of your organisation and can be designed to address specific learning needs and issues.



Jo McAndrews is a psychotherapist and facilitator working with adults and children in the field of change and loss. She has worked as a child counsellor for Wiltshire and Gloucestershire family mediation services and also for Winston's Wish, a grief support programme for children and families. She runs courses for the caring professions to increase effectiveness and worker health. She also offers supervision and coaching on an individual basis.

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