

2010  
Sudbury



# Transforming compassion fatigue

**Gluckstein & Associates LLP** invites you to attend this dynamic one-day workshop with focus on **compassion fatigue, vicarious trauma and burnout...** the emotional, physical and spiritual exhaustion that healthcare professionals can face in their personal and professional lives.

**GUEST SPEAKER** | **Diana Tikasz, MSW RSW**

Committed to trauma-focused work in the health care sector for the past 20 years, Diana has worked in emergency department crisis teams; sexual assault/domestic violence treatment programs; counselling those traumatized by violence; teaching other professionals how to do this work effectively while staying healthy themselves. Her passion is assisting people in creating personal, professional, and organizational changes that promote optimal health and make them more effective helpers.

**HIGHLIGHTS** |

- What is compassion fatigue, vicarious trauma and burnout?
- Warning signs, identifying triggers.
- Taking stock: What is in your self-care toolbox?
- Strategies to transform burnout/CF/VT at home and in the workplace.
- Creating balance and resiliency.
- Exploring the importance of relaxation.
- Making it meaningful through developing a personalized plan.

**INFORMATION** | **Lise Bamber**, Discharge Planner, Sudbury Regional Hospital  
lbamber@hrsrb.on.ca

**DATE & LOCATION** | **Monday, June 28, 2010** **SUDBURY, Ontario**

**GLUCKSTEIN**  
& ASSOCIATES<sub>LLP</sub>

PERSONAL INJURY LAWYERS