

Managing and understanding Compassion Fatigue and Secondary Trauma



Compassion fatigue and secondary trauma are both real yet often ignored issues for therapists, coaches and mental health professionals. This workshop looks at what these terms actually mean and how we might help ourselves and others to manage these conditions. Especially ideal for therapists, coaches and supervisors in the mental health field

A **NEW** affordable one day CPD event – limited spaces

Martin J Smith PhD

This one-day event fully inclusive is just **£120.00**

(Early booking applies - places are limited to 8)

Cost includes refreshments, lunch, course notes and certificate of attendance.

Dates available

Saturday 10th June 2017

Training times – 10.00am to 4.00pm

Venue – 152a Derby Road, Long Eaton NG10 4AX
(5minutes from junction 25 of the M1)

To book or for any further details call us on
07 973 410 010 or email itctherapy@aol.com

Key subject areas

- * Define and understand key terms such as, vicarious or secondary trauma, compassion fatigue, and PTSD.
- * Gain some understanding of how these conditions develop in us and colleagues.
- * With the use of case studies look at and identify the five stages of compassion fatigue.
- * Spotting the signs in ourselves and others and how these conditions can significantly affect our ability to help others.
- * How to support and manage these conditions and develop effective and prompt interventions.
- * Some exercises and techniques which can significantly help reduce the impact of traumatic work and situations that cause emotional distress.

Course Tutor

Martin is a senior accredited member of the BACP, a life member of the Open University Psychological Society and a senior lecturer in psychotherapy at Nottingham Trent University. He has been a trainer for over 25 years and in clinical private practice as a psychotherapist for over 15 years.

He draws from a range of therapeutic theories and approaches including the third wave CBT model of ACT - Acceptance and Commitment Therapy and Solution Focused Therapy approaches together with use of Clinical Hypnosis and Mindfulness.



Take this opportunity to train with a therapist, trainer and supervisor with a broad range of skills and experience who believes all approaches have their strengths but no one school of thought has all the answers.