

**Compassion Fatigue:
When the Distress of Others Becomes Contagious**

May 12, 2022

Presenter: Amy Moritz, Learning and Development Strategist
Moritz Consulting

Location: Morris-Union Jointure Commission
Professional Development Center
340 Central Avenue, New Providence

Time: 9:00 a.m. to 12:00 p.m.

Registration Fees:	MUJC Members:	\$ 85.00
	Nonmembers with Subscription:	\$ 85.00
	Nonmembers:	\$100.00

This in person inservice is intended for behavioral health professionals (school counselors, social workers, etc.). Compassion fatigue is a state of physical and emotional exhaustion often coupled with increased cynicism and feelings of professional ineffectiveness. It happens slowly over time when professionals are exposed to the traumatic stories of their clients. Education about compassion fatigue is a protective factor and early detection can prevent symptoms from reaching incapacitating levels. Participants in this inservice will explore the signs and symptoms of the onset of compassion fatigue and will learn about prevention techniques and self-care strategies.

Participants will gain knowledge and skills in:

1. understanding the characteristics of compassion fatigue (CF) and how and why it develops,
2. becoming aware of who is most at risk for developing CF and what happens to educator effectiveness if CF goes untreated,
3. identifying self-care practices and personal areas for growth.

This inservice is in person from 9:00 a.m. to 12:00 p.m.