



A HEALING PARADIGM

ENVISION | MANIFEST | EXPERIENCE

Taking Care of You While Caring for Others: Identifying, Preventing, and Recovering from Compassion Fatigue

This dynamic workshop is designed to assist healthcare, legal, and safety professionals understand the unique roles and patterns of coping that occur among individuals working in high stress environments, resulting in exposure to repeated traumatic events. Through the use of a Wellness Model, attendees learn useful patterns of self-care while remaining in a support/advocacy/provider role. Attendees will understand methods for embracing productive patterns of coping, while identifying and releasing behaviors that result in compassion fatigue. Participants will engage in prescribed breathing, cognitive restructuring, boundary setting, and mindfulness stress management skills while developing a specialized self-care plan.

OBJECTIVES

As a result of participating in this activity, learners will be able to:

- 1. Identify the psychological, physical, and emotional signs of compassion fatigue.**
- 2. Utilize a Wellness Model to identify both productive and unproductive patterns of coping.**
- 3. Apply mindfulness, stress management, and cognitive restructuring strategies to develop a personal self-care plan.**

METHODOLOGY

Considering adult learning theory and the methods in which people process information, Dr. Ojelade proposes a multi-tiered approach that addresses all learning styles.

1. Pre-session Call

Dr. Ojelade recommends a pre-event conference call with key stakeholders to better understand the needs of the participants, desired outcomes, and any additional proposed activities that have potential to enhance learning for the group.

2. Pre-Work for Attendees

The following pre-work for attendees is recommended in order to maximize our time together.

- One-page online Wellness screener to be completed anonymously by each participant. Dr. Ojelade will provide the link for each participant to complete the survey that takes approximately 5-10 minutes. The screener should be completed a minimum of one week prior to the event date by each attendee.

Optional Pre-Work – Attendees can elect to do pre-event reading which includes the following texts:



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- Sapolsky, R. M. (2004). *Why Zebras Don't Get Ulcers*. Henry Holt Company: New York
- Matheny, K. B. & McCarthy, C. J (2000). *Write Your Own Prescription for Stress*. New Harbinger: Oakland, CA.

3. Presentation Day

Delivery of the content session is designed to maximize attendee engagement and offer concrete information that can be immediately implemented. Thus, Dr. Ojelade delivers her presentations ensuring that each attendee has the opportunity to see, hear, and practice their newly acquired skill set through the following methods:

- a. Didactic Engagement – mixed media examples are utilized to demonstrate concepts through the use of dynamic graphics and videos when appropriate. Dr. Ojelade does not use traditional PowerPoint methods, but instead creates a highly visual and interactive experience for attendees.
- b. Experiential Learning – attendees will be guided through multiple activities designed to concretely demonstrate a concept described during the didactic portion of this workshop.

4. Post-Conference Follow Up for Attendees

- Accountability follow-up – To assist attendees in meeting, revising, and achieving their self-care goals, optional group and individual sessions can be scheduled. In addition, Dr. Ojelade assesses for improved functioning and signs of compassion fatigue, making recommendations as needed.

OPTIONS

Option 1 – One Hour Workshop

This option includes:

- A single conference call with key stakeholders.
- A single one-hour workshop

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 2 – ½ Day Workshop

This option includes:

- A single conference call with key stakeholders.
- A single ½ day workshop for a maximum of 4 hours.

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 3 – Full Day Workshop

This option includes:



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- A single conference call with key stakeholders.
- A single full day workshop for a maximum of 5 hours.

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 4 | Add-On | Individual Coaching

This option provides attendees with two individual coaching sessions for up to 30 minutes in length. Coaching can be completed with either a pre and post workshop session or with both sessions occurring after the event. Coaching can take place in one of the following formats:

- FaceTime – For users of Apple products, Dr. Ojelade is able to schedule 30 minute coaching sessions that enable visual interaction during the session.
- Google Hangouts –Dr. Ojelade is able to schedule 30 minute coaching sessions that enable visual interaction during the session.
- In-office visit – attendees are scheduled for a 30 minute coaching session in the office of Dr. Ojelade located in Downtown Historic College Park, Georgia.
- Phone Conference Call – This option is the least optimal, yet designed to accommodate the busy schedules of attendees.

The goal of individual coaching sessions is to assist attendees in meeting, revising, and achieving their self-care goals. Dr. Ojelade reviews key concepts and engages in a brief assessment to screen for signs of compassion fatigue, making additional recommendations as needed.

Option 5 | Add-On | Quarterly Accountability Calls

This option provides attendees with the ability to participate in four 1-hour accountability conference calls scheduled quarterly. These sessions can take place in one of the following formats:

- Google Hangouts –Dr. Ojelade is able to schedule 60 minute group accountability sessions, enabling visual interaction during the session.
- Phone Conference Call – This option is the least optimal, yet designed to accommodate the busy schedules of attendees. A conference call is scheduled by Dr. Ojelade who provides all attendees the dial-in information.

The objective of accountability sessions are to assist attendees in meeting, revising, and achieving their self-care goals with supportive peers. Dr. Ojelade reviews key concepts and makes additional recommendations as needed.