



# WALKING THE WALK: SELF-CARE IN THE FACE OF COMPASSION FATIGUE AND VICARIOUS TRAUMA

Sponsored by the GAL Volunteer Advisory Committee

Presenters:

Leigh Merritt, VAC Chairperson

Carrie Toy, Office of the State Court Administrator

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Thursday, January 10, 2019

5:30-7:30 pm (2 CEU)

Saint Paul's United Methodist Church, 1700 North Meridian Road, Tallahassee, FL

RSVP to [Christine.Gornik@gal.fl.gov](mailto:Christine.Gornik@gal.fl.gov)

Compassion Fatigue is characterized by deep emotional and physical exhaustion, and by a shift in helping professional's sense of hope and optimism about the future and the value of their work. The level of compassion fatigue or vicarious trauma a "helper" (or a GAL) experiences can ebb and flow from one day to the next, and even very healthy individuals with optimal life/work balance and self-care strategies can experience a higher than normal level of compassion fatigue or trauma when they are overloaded, are working with a lot of traumatic content, or find their responsibilities suddenly overwhelming; working with families who are chronically in crisis.

This interactive 2-hour workshop uses Francoise Mathieu's VT/CF curriculum that has been offered across North America over the past several years. Past participants have reported feeling inspired to make meaningful changes in their personal, professional, and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring.