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FROM EMPATHY FATIGUE TO EMPATHY RESILIENCY

FROM EMPATHY FATIGUE TO EMPATHY RESILIENCY

Healing the Mind, Body, & Spirit of Mental Health Professionals

Presented By:

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FROM EMPATHY FATIGUE TO EMPATHY RESILIENCY

Empathy fatigue results from a state of psychological, emotional, mental, physical, spiritual, and occupational exhaustion that occurs as the mental health professionals' wounds and continually revisited by their clients' life stories of chronic illness, disability, trauma, grief, and loss. Empathy fatigue, a term and construct developed by Dr. Stebnicki in 1999, has adverse impacts on the mental, physical, and spiritual well-being of mental health and allied helping professionals. Many are challenged with providing intensive services to persons with chronic medical, physical, and mental health conditions. Working in trauma, crisis and mental health disaster response can lead to the deterioration of ones' coping and resiliency skills. Empathy fatigue has both an acute and delayed onset reaction.

Consequently, impaired practitioners may have difficulty practicing as competent and ethical professionals. Thus, there is a movement among mental health and allied helping professionals to develop self-care strategies and support for professional counselors that are at risk for burnout and other fatigue type syndromes. Overall, this presentation will assist professionals to identify, prevent, and prepare themselves to journey through symptoms of empathy fatigue to empathy resiliency.

FROM EMPATHY FATIGUE TO EMPATHY RESILIENCY

Learning Objectives:

Participants will:

- Identify counselor fatigue characteristics through a functional risk-factor self-assessment that can be utilized both early-on in graduate counselor training and during ones' career as a mental health professional.
- Develop self-care strategies that support and maintain ones' emotional, physical, and spiritual well-being as a professional clinician.
- Improve coping and resiliency resources for the prevention of empathy and compassion fatigue, professional burnout, and other fatigue-type syndromes.

RESOURCES

<https://www.chathamsafetynet.org/annual-chatham-county-mental-health-symposium-2020-2/>

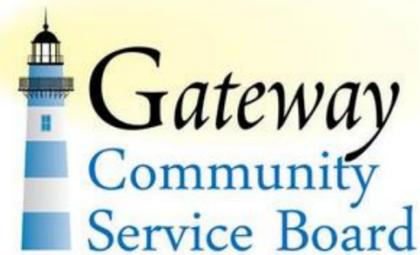
2020 MENTAL HEALTH SYMPOSIUM SCHEDULE

September 8, 2020	2:00 PM	Conversation on Wellness & Resiliency
September 15, 2020	10:00 AM	Conversation on Wellness & Resiliency *
September 22, 2020	10:00 AM	The Complexity of Adaptation to Trauma
September 22, 2020	2:00 PM	Transformative Power of Action ** The Role of Improvisational Theatre in Trauma Recovery
September 29, 2020	10:00 AM	Opportunities to Increase Access to Services in Chatham County, GA

CHATHAM COUNTY ANNUAL MENTAL HEALTH SYMPOSIUM 2020

Focus on Hope & Healing

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