

Making Health Care Better Together

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JOIN OUR UPCOMING WEBINAR EVENT

Care for the Caring: Burn Out, Compassion Fatigue and Self-Care

Tuesday, February 22, 2022

12:30 - 1 p.m. ET / 11:30 a.m.-12 p.m. CT



Community Coalitions & Nursing Homes

Register Here:

https://bit.ly/CarefortheCaring_Feb22



Featured Speaker:

Cate Faulkner, MA, LCSW
Program Manager
Tennessee Department of Mental Health and Substance Abuse Services

About the Session:

Burnout and compassion fatigue are very common for individuals working in medical and other helping professions. This presentation will provide a brief overview of the concepts and encourage attendees to consider how these signs and symptoms show up on an individual level. The presentation will also review some key strategies and techniques for preventing and responding to these conditions. Attendees will be asked to select one strategy to integrate into their lives that fosters self-care.

At the conclusion of the session, participants will be able to:

1. Understand the similarities and differences between burn out and compassion fatigue.
2. Recognize how burnout and compassion fatigue show up for you.
3. Identify strategies for preventing compassion fatigue and burnout.
4. Identify one self-care strategy to implement in your life.

Please invite your friends, colleagues, and loved ones to attend this event with you to learn together and support each other.

For more information, visit our website quality.allianthealth.org.