

## 'Compassion Fatigue and how to avoid it!' With Lindsay Schofield

Friday 29 September 9.30-17.30, cost £65.

This is a day for you - mental and social health, and caring practitioners - a day for your equipping - and also for reviewing and refilling. Self-care is a requirement of most therapeutic and care industry membership bodies - being fit to practice is a given.

It may be fairly easy to decide on our ability to practice when our symptoms or challenges are clear - when we are ill, or have experienced a significant negative event. However, Compassion Fatigue (CF) occurs on a continuum and is often unnoticed or unaddressed until its symptoms make life or work particularly difficult, or sometimes impossible.

- Do we know what the signs of CF are?
- What symptoms might we overlook in ourselves or our colleagues?
- Do we know how to care for ourselves?
- Do we know how to stall or reverse CF in ourselves or our supervisees?

We will not spend the day reiterating stress management nor mindfulness techniques - we teach those, right? This is a practical - understand my challenges - make sense of what's going on - and know how to make a difference - kind of day.

If it seems hard to justify booking this for yourself...when you feel you should be gathering skills for your client work...you should definitely come!

**Lindsay Schofield** is an accredited psychotherapist (BABCP, BACP, ACC and NCP), supervisor and trainer with a private practice in Surrey/South East London.

Amongst a breadth of training, her qualifications and experience includes specialist training for working with trauma and dissociation, working therapeutically with children, and post graduate training in supervision; Cognitive Behavioural Therapy and Couples Therapy.

Lindsay has written and delivered workshops for mental health and caring professionals over many years. She is also a PICT trainer - a model that integrates CBT, TA and NLP for resolution of childhood abuse issues, ([www.ppfoundation.org](http://www.ppfoundation.org))