

Compassion Without Fatigue: Mindfulness, Boundaries, and the Practice of Empathy

Have you ever found yourself feeling completely exhausted as a caregiver or even traumatized by another's pain? Does your work entail significant stress?

We invite you to join us for a practical, interactive, best practice training to support your own resilience and learn tools to share with others.

Participants will gain a conceptual framework for:

- The differences between secondary trauma, compassion fatigue, and burnout
- Healing secondary trauma, compassion fatigue, and burnout
- The relationship between mindfulness, boundaries, empathy, and resilience

Participants will walk away with protective strategies:

- Mindfulness practices
- Tools to reinforce intra-personal boundaries
- *Rapid Resets* to use when triggered in the moment
- Practicing empathy as a skill (vs. feeling) to protect your emotional reserves
- *Rituals of Release* for personal vitality

Thursday, July 12

11 a.m.-3 p.m.

Registration fee \$80 includes light lunch

Three (3) hours, CEU applicable for most professions

LOCATION

First Lutheran Church
1551 South 70th Street,
Lincoln NE 68506

INFORMATION

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REGISTER

www.facebook.com/contemplatelincoln
or www.eventbrite.com

HOSTED BY

TMC
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Innovation

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