

# Empathize, Don't Internalize

*Staying the Right Size in the Face of Demands*

| Date                           | Time           | Registration Link          |
|--------------------------------|----------------|----------------------------|
| February 22 <sup>nd</sup> 2022 | 10:00am - Noon | <a href="#">Click Here</a> |



## Description:

This two hour course will discuss the topics of Natural Pain Management and Self-Care for Social Workers experiencing Compassion Fatigue and its related stressors and symptoms on both the individual and organizational levels. A full examination will be given to defining compassion fatigue and its prevalence amongst Healthcare Professionals and Social Workers. Learners will be provided with detailed information regarding the associated stress response on the body and the mind as a result of Compassion Fatigue and Burnout. Subsequent lecture and discussion will include both proactive and reactive strategies to prevent and lessen the formation of Compassion Fatigue leading to improved individual and relational well-being. This workshop is highly interactive including Zoom breakout rooms, self-care assessments, Zoom polls, white boards, and large-group discussions.

*After registering, you will receive a confirmation email containing information about joining the webinar.  
Please do not forward your confirmation email to others.*



Training Conducted by:

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**AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING INFORMATION ABOUT JOINING THE MEETING. PLEASE DON'T FORWARD LINK AS THE "JOIN" LINK IS UNIQUE TO YOU.**

*THANK YOU AND WE LOOK FORWARD TO THIS OPPORTUNITY!*