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BEFRIENDING COMPASSION FATIGUE SERIES



BEFRIENDING COMPASSION FATIGUE INTRODUCTION VIDEO

About Presenter Dean Sharpe

Compassion fatigue affects 40-60% of healthcare workers during their practice. Of those at least 20% will go on to more severe burnout and leave their profession. The medical model would have us believe that it is some sort of illness to be treated and cured. Instead we are all hardwired neurologically to respond in a way that automatically leads to compassion fatigue. Our training education fails to equip us with skills and awareness to manage ourselves in the face of other's suffering. Rather than fighting or resisting or avoiding compassion fatigue, we must learn first to befriend it and then to learn skills that allow each of us to better manage ourselves while remaining connected and present to those who are suffering.

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TRANSFORMING SUFFERING SERIES



TRANSFORMING SUFFERING INTRODUCTION VIDEO

About Presenter Richard Groves

Emotional and spiritual pain impacts our health and well-being as much as physical illness. Growing research from the health care sciences points to measurable benefits when the underlying causes of suffering are diagnosed and responded to. This series offers lessons and simple practices for choosing healing attitudes in the face of illness and suffering. Total person wellness always includes a sense of meaning, hope, healthy relationships and the capacity for forgiveness. These same qualities are the antidotes to emotional suffering and spiritual pain. Here are some important ways that caregivers and those we care for can become medicine for each other.

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POSSIBILITIES IN LIFE TRANSITIONS SERIES



POSSIBILITIES IN LIFE TRANSITIONS INTRODUCTION VIDEO

About Presenter Marlis Beier

Marlis Beier MD, teacher spent 20 years in Obstetrics and Gynecology before facing her own loss and redefinition due to MS, which changed her focus to end of life care. Her passion for finding the gift in times of transition led to this series about how to find wisdom and how to accompany another in the challenges in life. Every patient faces a transition when admitted to hospital or hospice. The series teaches about the gifts possible while accompanying others and a shift in perspective about how to be with a person in an altered states of consciousness. Attention to dreams and life review during big life events offer insights and greater understanding of ourselves. As a health practitioner, it is our ability to pay attention to the story that keeps us engaged and effective.

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THE MASCULINE SIDE OF GRIEF SERIES



THE MASCULINE SIDE OF GRIEF INTRODUCTION VIDEO

About Presenter Thomas Golden, LCSW

Grief can be tough. We live in a culture that disdains grief and sadness. But the fact is we all grieve. Right now we're either grieving a loss or know someone who is. Sadly, the grief dynamic for individuals within most families is one of isolation, denial and silence. This isn't surprising, it is difficult and awkward to talk about death. This series explores these universal subjects with sensitivity and practical support. Tom Golden brings a lifetime of experience with an emphasis on the differences between how men and women approach loss and bereavement. Regardless of age or gender, these lessons offer inspiring stories and easy-to-understand skills for both caregivers and people in grief. You will be amazed at the wisdom that can be learned from other cultures and the latest scientific research that as well.

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AGING AND WELLNESS SERIES



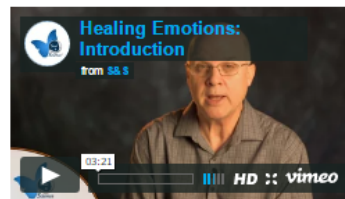
AGING AND WELLNESS INTRODUCTION VIDEO

About Presenter Maryhelen Zabas

Healthy Aging is a key issue in today's culture. Aging is not an option. Unless we die prematurely, we will all experience the aging process. How and whether we age successfully is a matter of choice even if we are faced with issues of decline in our physical condition. This series offers insights and best practices for caregivers, family members and those they serve to support our elders in the process of healthy aging.

Our Free "Test Drive" Series

HEALING EMOTIONS SERIES



HEALING EMOTIONS INTRODUCTION VIDEO

About Presenter Thomas Golden, LCSW

Effective caregiving requires both technical and emotional skills. While caregivers deal with the inevitable emotions of those they care for — anger, anxiety, sadness and guilt — the same realities show up for the caregiver as well. This series offers insights and practical ideas designed to give caregivers a hand in both understanding and working with those we care for. The goal is a more reciprocal approach to caregiving and care receiving. In rebalancing the caregiver relationship we will recognize what is most deeply human in each other.

Available January 25, 2017

POWER OF PRESENCE SERIES



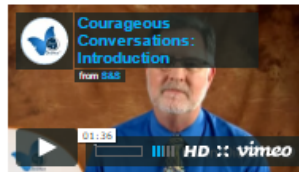
POWER OF PRESENCE INTRODUCTION VIDEO

About Presenter Wendy Howard

We often hear how important it is to be fully present when we are engaged in a conversation or activity. We are told about the importance of mindfulness and being conscious and attentive. How do we do this when our lives filled with distraction, interruption, and multi-tasking? For caregivers who are stressed, focusing on the past or thinking about the future are mental habits that can be very ingrained. These forces take us away from noticing, observing and attending to what is happening right now, this moment, this hour, this day. We learn to live with increased stress, anxiety and lack of true relationship. Yet this capacity for being present is a true choice and skill, where we are able to experience an awareness of unity, oneness and "being with" ourselves and others. When we are present we support our wellbeing and deep appreciation of life with all its struggles and all its gifts. This series opens up a pathway to learn how to be present in our everyday life. Practicing simple practices of presence can enhance our capacity for self compassion and empathy for others. The practice of presence can transform our life.

Available February 6, 2017

COURAGEOUS CONVERSATIONS SERIES



COURAGEOUS CONVERSATIONS INTRODUCTION VIDEO

About Presenter Kevin DiStar

Our healthcare system is increasingly focused on giving voice to patient concerns about the importance of determining goals of care. This is critically important as it addresses both patient autonomy as well as appropriate use of medical resources. Advance care directives can be useful tools to guide care as patients become sicker, but are only as effective as the conversations that precede, support, and infuse the documents. These conversations are not easy, and are often approached lightly or even completely avoided. This series, Courageous Conversations, provides insights and strategies that can allow for effective, factual, and compassionate dialogue, whether it involves delivering bad news or providing guidance at the end of life.

Available March 13, 2017

THE ART & SCIENCE OF PROGNOSTICATION SERIES



THE ART & SCIENCE OF PROGNOSTICATION INTRODUCTION VIDEO

About Presenter Maggie O'Connor

In the past when people were asked how they would like to die, almost all said, "In my sleep," or at least in a sudden, unaware manner. Most people now say they want to die at home, with symptoms controlled, family gathered around and able to say goodbye before dying. For such a death to happen it must be predicted, so that decisions can be made with goals clearly in mind. But fear of death, physician's optimism regarding their skills, lack of research and training, uncertainty about how to talk about dying without "taking away hope," and the reality of not being able to predict a specific time for a specific patient all work against success with regard to prognostication. This series challenges the assumptions learned in medical training and from society at large so that medical providers can enter into prognostic conversations with patients and families, a task that is fundamental to medicine and fundamentally a spiritual (not religious) conversation.

Available May 17, 2017

ALTERED STATES OF CONSCIOUSNESS SERIES



ALTERED STATES OF CONSCIOUSNESS INTRODUCTION VIDEO

About Presenters Ann Jacob & Stan Tomandi

Process Psychology has developed a remarkable tool chest for supporting persons in altered states of consciousness. Simple and accessible skills are available for both professional and family caregivers that offer a profound sense of connection alleviating suffering and enforcing positive relationships. Even extreme altered states like coma are symptomatic of a need for inner work. The specific styles of communication based on sensory grounded feedback have been proved to enhance relationships and address the greatest fear that people have in altered states—being trapped or left alone. A powerful ethical principle for this series is, "Someone is always home."

Available May 30, 2017

GUIDED IMAGERY SERIES



GUIDED IMAGERY INTRODUCTION VIDEO

About Presenter Richard Groves

Guided Imagery is a powerful way to access and heal deep areas of emotional suffering. While its practice has roots in many cultural and healing traditions around the world, Imagery Guidance is now being used in clinical settings around the world for pain and symptom management. The techniques taught in this series can easily be learned by professional care providers. Variations of the tools in each lesson can also be adapted for family caregivers and volunteers in hospice, faith community settings and in recovery programs. Aspects of Guided Imagery will also be introduced as a supportive practice during times of major life transitions and for persons dealing with grief and loss.

Future Series

- Reconnecting Soul & Role of Caregiving
- Medicalizing Death
- Gender and Grief
- Adolescence and Suicide
- Creating Effective Programs for Self-Care
- Yoga for Beginners
- Enneagram in Work and Relationship
- The Art of Spiritual Discernment



ACT


Agreement One

Agreement Two

Agreement Three

AGREEMENTS FOR AN ACT LEARNING GROUP

STEP ONE: Take Five for Caregivers Video



Befriending Compassion
Fatigue: Lesson One


from *S&S* Lesson 1

Burnout


05:44

HD :: vimeo

STEP TWO: Complete Study Guides



ACT Learning
Guides



STEP THREE: Explore Additional Resources



Recommended Books
Related Videos
Web Materials & Journal Articles

[Go to Lesson Two: Suffering Exchange](#)

[Befriending Compassion Fatigue Home Page](#)

