



**Prevention Works!** A Community Coalition of Clallam County

**Presents a Workshop for Professional Care Providers**

**Building Resilience Against Burnout and Compassion Fatigue:  
Strategies for Success**

**Saturday October 5, 2019 9 AM – Noon**

**Jamestown Red Cedar Hall** 1031 Old Blyn Highway Sequim WA 98382



Marya Barey, PhD, a Seattle area psychologist, teacher, mental health supervisor and author, will define Compassion Fatigue, indicate prevention activities for caregivers and increase awareness of personal & professional consequences of Compassion Fatigue and Burnout. Dr. Barey includes effective strategies to prevent and counteract symptoms professional caregivers may experience. Prevention Works! sponsors Dr. Barey in support of its strategic priority: awareness of our local childcare access crisis.

This important training is offered for human services professionals, especially **childcare providers, teachers, school staff, pediatric medical staff, social workers, CASA volunteers, DCFS staff, parents, foster parents, adoptive parents, and others who provide care** for vulnerable people. Sustaining caregivers is important in keeping Clallam County healthy for children and others who are dependent on available quality care.

Participants will learn to:

- Identify, define and recognize burnout and compassion fatigue
- increase awareness of potential personal and professional effects of being a caregiver
- recognize consequences – physical, emotional, cognitive, behavioral, interpersonal & professional
- recognize systemic problems compassion fatigue may cause
- personalize strategies to increase resilience and effectiveness to prevent and counteract symptoms
- develop effective self-care plans & practice simple effective stress management tools

**REGISTRATION FEE:** \$30 includes Dr. Barey's presentation, healthy snacks, coffee and certificates. 3 STARS hours, Continuing Education Units or Clock Hours available **upon request**.

**REGISTER & Pay:** <https://pw4kids.brownpapertickets.com> or complete this registration form:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Agency or Organization (if Applicable): \_\_\_\_\_

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Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Amount enclosed: \$30    Check \_\_\_\_\_ Purchase Order \_\_\_\_\_

Mail registration and payment to: **Prevention Works! PO Box 1913 Port Angeles, WA 98362 OR**

Email: [smile98362@msn.com](mailto:smile98362@msn.com) Questions? [info@pw4kids.org](mailto:info@pw4kids.org)