

Caregiver Wellness Workshops invites you to:

Caring on Empty: Creative Tools for Transforming Compassion Fatigue

A 1 - Day Workshop for Helping Professionals

The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.

Rachel Remen, MD (1996)



Jan Spilman, MEd, RCC
Compassion Fatigue Specialist

When: Friday, October 21, 2011
9:00 am - 4:00 pm
(Registration at 8:30 am)

Where: Shaughnessy Heights United Church
1550 West 33rd Avenue, Vancouver, BC
(West 33rd west of Granville)

Cost: \$135 (Includes HST, lunch & handouts)

Who Should Attend:

- Nurses
- Physicians
- Social Workers
- Counsellors
- Clergy
- Teachers
- Other helping professionals

A workshop for people interested in:

- Understanding Compassion Fatigue (CF), the natural and expectable secondary traumatic stress, diminished empathy and emotional disengagement we can experience through working with people who are suffering or traumatized. (Definition, CF distinguished from burnout and vicarious trauma, early warning signs, stages of development, creative tools for CF transformation and resilience).
- Recognizing your current level of CF
- Identifying your personal early warning signs
- Discovering strategies for CF recovery and resilience
- Building a personal self care plan

Facilitator: Jan Spilman, MEd, RCC

Jan is a Compassion Fatigue Specialist who helps people-who-help-people to live well with the stress of their professional caregiving. A 30-year background in the helping professions lend authenticity and a depth of understanding to all her presentations.

(See over for registration form.)

To Register: Send this form + a cheque payable to “Jan Spilman” to:

Jan Spilman, MEd, RCC
Caregiver Wellness Workshops
PO Box 44062
Burnaby, BC V5B Y2

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Registration Deadline: **October 14th**
Please register early to avoid disappointment

For more information contact Jan at:
caregiverwellness@shaw.ca

Caregiver Wellness Workshops invites you to:

Compassion Fatigue: Going Deeper I The Enneagram

A 1 - Day Beginners Workshop for Helping Professionals

A primary sign of Compassion Fatigue is emotional reactivity. The Enneagram, an enlightening and powerfully accurate system of 9 personality types, will help you to identify your type, to recognize the type-related issues most likely to “push your buttons” and to discover mindful ways of easing your reactivity at work and at home.



Jan Spilman, MEd, RCC
Compassion Fatigue Specialist

When: Friday, November 18, 2011
9:00 am - 4:00 pm
(Registration at 8:30 am)

Where: Shaughnessy Heights United Church
1550 West 33rd Avenue, Vancouver, BC
(West 33rd west of Granville)

Cost: \$145 (Includes HST, book, handouts & lunch)

Who Should Attend:

- Clergy
- Physicians
- Nurses
- Teachers
- Other Helping Professionals

A workshop for people interested in:

- Learning about the Enneagram, a powerful tool for understanding ourselves and others, and the ethical guidelines for its use
- Using a well researched tool for discovering your personality type
- Having fun while confirming your type through film examples, lectorettes, and individual and group exercises
- Discovering how mindful use of the Enneagram can reduce your emotional reactivity & support personal growth

Facilitator: Jan Spilman, MEd, RCC

Jan is a Compassion Fatigue Specialist who helps people-who-help-people to live well with the stress of their professional caregiving. She was introduced to the Enneagram in 1986 and completed Basic and Advanced Professional Enneagram Training with psychologist, Helen Palmer, and Stanford University professor of clinical psychiatry, Dr. David Daniels, MD in 2006. Jan has used the wisdom of the Enneagram in her personal and her professional life for over 15 years.

(See over for registration form.)

To Register: Send this form + a cheque payable to “Jan Spilman” to:

Jan Spilman, MEd, RCC
Caregiver Wellness Workshops
PO Box 44062
Burnaby, BC V5B 4Y2

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Registration Deadline: **November 10th**
Please register early to avoid disappointment

For more information contact Jan at:
caregiverwellness@shaw.ca