

***Compassion Fatigue and Self-Care Strategies for Managing  
Burnout and Stress in Early Intervention.***

by

**Ann Lucia Chan, DT, LCSW, LCPC**  
Certified Compassion Fatigue Therapist

**Date:** Monday, December 6, 2010 from 1-5 pm

*4 hours approved EI for Working with Families*

**Location:** 206 N. Randolph Suite 420 or 502 (based on size of group)  
Champaign, IL 61820

**Cost:** \$80, pre-registration is required

**Contact:** 217-390-2917, [annlucia@juno.com](mailto:annlucia@juno.com) or [www.ortho-balance.com](http://www.ortho-balance.com)

This interactive workshop is designed to assess, identify and prevent compassion fatigue, burnout and stress with professionals and families in Early Intervention. In addition, in the seminar we will identify resources that will best support the professionals and the families in coping with the stressors. We will conclude with self-care strategies for reducing the stress and tension. Improvement of the quality of life of families and professionals will positively affect the relationship and the services to children in early intervention.

The workshop will cover: definition of terms and assessment of compassion fatigue; psychophysiology of the effects of trauma; research on PTSD (post-traumatic stress disorder) in Early Intervention; Skill building; Resources and Self-Care Strategies.

**Registration Information**

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**Send this registration information with your \$80 payment**

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

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

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