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Free Specialist

The UK number 1 provider of online and face to face training resources specific to the free specialist care sector.

Should you see a course you wish to book please contact us using our live chat in the bottom right hand corner. If you are a Leaving Care employee please contact your agency direct.

1 Compassion Fatigue

Compassion fatigue is the gradual lessening of compassion over time due to continuous exposure to the trauma and suffering of others. It's closely linked to secondary traumatic stress, where the helper absorbs the emotional distress of those they support.

This course will allow practitioners to gain a holistic understanding of compassion fatigue. It will look at how to recognise the signs and symptoms, causes and impacts – and will explore how to prevent and manage compassion fatigue. Finally, it will also allow learners to explore the difference between compassion fatigue, burnout and vicarious trauma.

The learning objectives for this course are as follows:

- To understand what compassion fatigue is

- To recognise the signs and symptoms of compassion fatigue

- To consider the causes and impact of compassion fatigue

- To think about how to prevent and manage compassion fatigue

- To be aware of the difference between compassion fatigue, burnout and vicarious trauma

This course is CPD accredited and adheres to the training, support and development standards outlined in the CQC, and specifically CQC Regulation 18.

If you have 5 or more learners requiring this training, you might like to consider our face-to-face option instead.

Because each of our courses is created by a specialist within this sector, they have the expertise to tailor any course to your specific needs. You can even arrange for your own documentation policies or procedures to be included.

To discuss these options before making your booking - or to ask any other questions - please just get in touch via our live chat.

This course is intended for personal development only and does not provide a regulated qualification.