



Dr. Barbara Jo Dennison, PhD, LISW
Owner, Dennison Associates, Inc.

WORKSHOP TITLE:

Compassion Fatigue Prevention and Treatment

WORKSHOP DETAILS

Tuesday, December 8, 2009

9:00 a.m. to 12:15 p.m.

Hayes Services Building, Room G-35

Delaware, Ohio 43015

\$45 per person; 3 CEUs for Counselors and Social Workers

PURPOSE

This is an experiential workshop. Dr. Dennison will present participants with the theory of compassion fatigue/satisfaction, present caregiver stories and their most widely used coping mechanisms. Participants will learn and practice techniques intended to decrease tension and diminished thought processing, and increase energy. You will leave with a personal plan for resiliency to intentionally provide care for yourself and others. Please come dressed comfortably so that you can participate in the movement portions of this workshop.

LEARNING OBJECTIVES

- Understand Post Traumatic Stress Disorder as compared to Secondary Traumatic Stress Disorder
- Understand Compassion Fatigue Theories/Narrative
- Create a Personal Plan For Resiliency
- Understand your individual coping mechanisms
- Understand how to transform compassion fatigue into compassion satisfaction through meditation.

Dr. Barbara Jo Dennison, PhD, LISW, received her doctorate in psychology from California Southern University, Santa Ana California and her undergraduate and graduate degrees from The Ohio State University is the owner of Dennison Associates, Inc. a wellness firm in Powell, Ohio.

She has over 27 years of professional experience working with care giving families and a lifetime of experience in nonprofessional care giving. In the early 80's she was a caseworker, residential social worker and supervisor for Franklin County Children's Service. After this she began the journey of psychotherapist at Dublin Counseling Center, where she became the Director of the older adult program. From there she went on to serve as the Director of Operations for Well Choice Enterprises where she wrote and lectured on a wide range of primary and secondary stress management techniques.

In 1999 she began a personal journey recognizing compassion fatigue when she became a caregiver for her sister who had been diagnosed with cancer. Four years were spent in long distance care giving. As a result of this experience, in 2005 she designed and implemented her own research with 100 professional and non professional caregivers; collected their stories and their coping mechanisms.

Currently, she is writing a book on "Compassionate Hands" has a greeting card line of caregiver gratitude cards, a gratitude CD and provides psychotherapy with the focus on prevention of secondary stress. Four times per year, she provides a day retreat for professional caregivers on the effects and prevention of secondary stress.