



**EF** training

Recognising

**Compassion**

**Fatigue**

**From Stress, to Strength**

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# Compassion Fatigue

Working in a caring profession is one of the most rewarding jobs anyone can have.

However, the **secondary trauma** that caring professionals witness will have a profound effect on them.

Individuals can become anxious and their attitude towards their job and colleagues may change. Even the most positive person can become irritable, withdrawn and lose the empathy they once felt for those in their care.

This is a natural consequence of this kind of work, just like getting wet when you walk through water, and it's called Compassion Fatigue.

Untreated, Compassion Fatigue can lead to burnout and is a major contributing factor to absenteeism and staff turnover.

## Recovery is absolutely possible

This is exactly what Compassion Fatigue Awareness Training from EF training has been developed to achieve.

**Treatment of any symptom can only be effective if you understand the cause.**

Understanding secondary trauma and Compassion Fatigue is fundamental to your recovery and along with targeted self-help and resiliency tools you can learn how to effectively care for yourself, enabling you to continue to care for others.

**Prevention is better than cure.**

Understanding how your role can affect your emotional well-being along with targeted self-help and resiliency tools can prevent Compassion Fatigue.

**Your organisation has an extensive health and safety training program.**

Isn't it about time it included mental health and safety training?



This training should be the first thing you do when you start the job, and then do it annually, like the other health and safety stuff we do.

*Course attendee*



## How we can help YOU and YOUR business

EF training is the leading provider of Compassion Fatigue Awareness Training in the UK. Our bespoke programs provide the support and help you need to move on and tools to improve your resilience in the future. Our training is tailored to the needs of potential sufferers, across all care related roles.

For more information on the programs and training courses available please contact us today:

 [eftraining.co.uk](https://eftraining.co.uk)

 01753 623065

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***Responding for Resilience***





I did not know what to expect but this course was brilliant.

*Course attendee*

## Taking the first steps to resilience

Take our free test at [www.eftraining.co.uk](http://www.eftraining.co.uk). Check your score; a score above 40 indicates that you could be suffering from Compassion Fatigue and you should contact us to see how Compassion Fatigue Awareness Training from EF training can help you and your organisation.

## We get results

Course attendees have consistently reported a new energy for their work and lasting changes in their wellbeing.

The training has also had a significant effect on their businesses as a whole; reducing absenteeism, increasing productivity and promoting resilience in the workforce.

## In good company



*The* ROYAL MARSDEN  
NHS Foundation Trust

**Berkshire Healthcare**  
NHS Foundation Trust

**Frimley Health**  
NHS Foundation Trust



London Ambulance Service  
NHS Trust

