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**Registered Social Worker  
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Public Speaker/ Educator**

## Training Topics

### **TRANSFORMING COMPASSION FATIGUE: CARING FOR YOURSELF WHILE CARING FOR OTHERS**

**DESCRIPTION:** An interactive, experiential-based workshop designed for helping professionals who want to learn how to recognize or recover from compassion fatigue. A focus is on identifying personal warning signs and developing sustainable self-care commitments that can improve stress resiliency and revitalize compassion in both our personal and professional lives.

#### **OBJECTIVES AND OUTCOMES:**

- Identifying warning signs of compassion fatigue
- Introduction to compassion fatigue assessment and evaluation tools
- Strategies for integrating self-care into everyday life

### **VICARIOUS TRAUMA: THE IMPACT OF SECONDARY TRAUMA EXPOSURE**

**DESCRIPTION:** Vicarious trauma may occur when an individual is exposed to multiple, impactful and/or repeated trauma information that eventually contributes to a profound shift in one's perception of the world and personal safety. This interactive workshop, informed by current research, explores the nature, dynamics and risks of vicarious trauma and teaches participants effective and practical strategies for managing indirect trauma exposure.

#### **OBJECTIVES AND OUTCOMES:**

- Identify risk factors, symptoms and the effects of vicarious trauma
- Understand how trauma information activates a stress response in the body
- Develop effective trauma-informed debriefing strategies for professionals

Amanda Rocheleau is a Registered Social Worker in Ontario and a certified Compassion Fatigue Specialist with over 15 years of experience. Her private practice is based out of Ottawa, where she offers psychotherapy and consulting services while specializing in supporting helping professionals prevent and recover from stress related issues as a result of their caregiving roles. Amanda has been featured as a speaker and trainer for over 300 professional and conference groups. Using an experiential based delivery approach, Amanda applies wellness concepts to "real life" work and personal situations. She teaches self-enhancing tools and strategies that can improve collective and individual health.

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# Training Topics

## BURNOUT TO BALANCE: STRATEGIES FOR REGULATING STRESS

**DESCRIPTION:** Helping professionals can easily feel overwhelmed and exhausted as a result of the stress they experience from juggling complex work and demanding personal lives. This chronic stress is a fast track to burnout which can be debilitating and very painful. This workshop focuses on revealing the real experience of stress and burnout for helpers while introducing fundamental daily practices that we can all do to help process our stress in order to prevent burnout.

### OBJECTIVES AND OUTCOMES:

- Develop a deeper understanding of stress and burnout
- Understanding our physiological reactions to stress and the warning signs for burnout
- Practical strategies for completing the stress cycle and reducing the risk of burnout

## REDUCING THE RISK OF BURNOUT: A TEAM APPROACH

**DESCRIPTION:** Burnout is a state of complete emotional, mental and physical exhaustion when a person has been exposed to prolonged stress. Burnout can be a contagion that significantly impacts a team's ability to collaboratively provide health or social services. This workshop will identify the factors that increase the risk for burnout in the workplace and the steps a team can take towards creating an environment that fosters boundaries, community and common values.

### OBJECTIVES AND OUTCOMES:

- Signs and symptoms of burnout
- 6 contributing factors that increase risk of burnout
- Collective strategies to enhance occupational wellness and build group culture that minimizes the risk for burnout

## BECOMING TRAUMA INFORMED

**DESCRIPTION:** Becoming "trauma-informed" means recognizing that there are many different types of trauma which can be broad and diverse, and have compound effects on an individual, family and community. When service providers adopt trauma-informed care practices, they are able to recognize and respond to the effects of trauma in more supportive ways, and help enhance the physical, psychological and emotional safety of all those who are impacted.

### OBJECTIVES AND OUTCOMES:

- Define the different types trauma and related terms
- Understanding the signs of traumatic stress
- Strategies for responding to traumatic stress and regulating the nervous system

# Training Topics

## LOW IMPACT DEBRIEFING: COMMUNICATING ABOUT TRAUMA HEAVY WORK

**DESCRIPTION:** Research shows that effective and frequent debriefing opportunities significantly reduces the risk of secondary traumatic stress symptoms for professionals working in trauma-exposed environments. Naturally, helping professionals want to talk about the difficult things they see and hear, however, sometimes instead of effectively debriefing, these conversations seem more like venting and offloading. With a few simple techniques, helpers can transform these conversations into helpful dialogue for processing and reflecting on trauma exposure while reducing the risk of transferring secondary trauma onto others.

### OBJECTIVES AND OUTCOMES:

- Low Impact Debriefing communication guidelines
- 3 step technique to effective debriefing
- Strategies for reducing the risk of vicarious trauma

## THE MINDFUL WAY TO SELF-CARE: DAILY PRACTICES FOR BUSY HELPERS

**DESCRIPTION:** Personal and professional helpers are often so busy helping others that they end up neglecting their own needs and well-being. This workshop introduces a definition for self-care that connects with the root of the meaning to care for oneself. Through enhancing self-awareness and cultivating self-compassion, we learn how to discover our needs and desires and live a life in a way that honours them. Participants will learn the importance of mindfulness and other practical strategies that promote self-care and resiliency.

### OBJECTIVES AND OUTCOMES:

- Re-define self-care as a way of being not just something you do
- Use mindfulness as a tool for fostering greater self-awareness and self-compassion
- Introduction to simple mindfulness practices that can be integrated into daily life

# Online Courses

## **THE SUSTAINABLE HELPER: MANAGING COMPASSION FATIGUE AND VICARIOUS TRAUMA**

**DESCRIPTION:** 'Helping professionals' encounter unique stressors in their work environments that can have significant impact on their psychological and emotional well-being. Clients with complex needs, systemic barriers, limited resources, unpredictable funding, changing environments, trauma exposure and critical incidents...these are just some of the complex issues care-providers must navigate in their work on a regular basis. This type of occupational stress can lead to issues like compassion fatigue and vicarious trauma. In this workshop we identify risk factors and warning signs, explore strategies for reversing the effects, and developing resiliency skills to maintain wellness.

### **Module 1: Recognize**

- Understanding the impact of Compassion Fatigue and Vicarious Trauma
- Introduction to assessment and self-monitoring tools
- Strategies for identifying warning signs

### **Module 2: Reverse**

- Strategies for addressing occupational stress
- Increasing compassion satisfaction
- Recovering from Secondary Traumatic Stress

### **Module 3: Resiliency**

- Exploring the concept of resiliency
- Daily practices for enhancing psychological stability
- Sustainable self-care practices for helpers

# Online Courses

## PSYCHOLOGICAL HEALTH AND SAFETY IN OUR WORK

**DESCRIPTION:** This workshop provides an overview of the National Standard for Psychological Health and Safety in the Workplace; a guide for both the employee and employer in promoting psychological safety. Participants will be introduced to the 13 factors proven to impact the well-being of employees and explore creative ways to implement their own strategies to enhance the psychological health of the team.

### **Module 1: Introduction to The Standard**

- Definition of psychological health
- Key drivers
- Strategic pillars

### **Module 2: Workplace Factors**

- Introduction to the 13 contributing factors
- Assessing each core area
- Exploring strategies for prevention and promotion

### **Module 3: Resources**

- Introduction to resources for building psychological health and safety
- 4 levels of implementing a plan