



- Healthcare professionals experience vicarious trauma as a result of the COVID-19 pandemic at a higher rate than any other profession.
- Accepting behavioral health support does not mean a healthcare professional is 'weak.'
- If you recognize changes in yourself or others talk to someone--BREAK the STIGMA. YOU are NOT alone.



#YOUareNOTalone!

#BREAKtheSTIGMA



Compassion Fatigue & Vicarious Trauma in Healthcare

All providers and healthcare workers welcome!

May 25, 2021 | 5:30 - 7:00 PM

Live @ Edward Ed Ctr - E301
or by Video Conference

Registration Required thru [CloudCME™](#)
via app, computer, or visit www.eehcme.org
and click on CloudCME™ and go to LIVE events.

May is Mental Health Awareness Month!



Join us!

as we welcome back
Dr. Tawana Edgeson-Steiner
for an informative and
reflective session on
**Compassion Fatigue and
Vicarious Trauma
in Healthcare**

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#STIGMAFREE

Edward-Elmhurst Health designates this live activity for a maximum of 1.25 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.



Vicarious trauma describes the transformative effect that can take place in response to working with survivors of traumatic life events. The presence of vicarious trauma has been observed in professions that care for those who experienced traumatic events. These individuals are at higher risk, especially if there is a personal history of trauma, or if they extend themselves above and beyond the call of professional responsibility. As a social species, human beings are uniquely connected to one another and it is recognized that emergency workers, physicians, nurses, police officers, fire fighters and social service workers can experience the symptoms of others' trauma themselves at higher rates. These same professions can also suffer from compassion fatigue. The physical, emotional, and personal efficacy or exhaustion that takes over and causes a decline in their ability to experience joy or to feel and care for others. Affecting positive change, a mission vital to those passionate about caring for others, can be perceived as elusive, if not impossible. Eventually, negative or chronic stressed attitudes can prevail causing compassion fatigue. This activity is designed to examine compassion fatigue and vicarious trauma and supply providers with appropriate resources for combating the effects of these mental health issues may have on healthcare workers' personal lives, professional behaviors, and self-efficacy.

At the conclusion of this live activity, participants will be able to:

- Recognize the difference between compassion fatigue and vicarious trauma.
- Describe the effects of compassion fatigue and vicarious trauma.
- Predict factors that may lead to compassion fatigue and vicarious trauma.
- Apply effective strategies to combating compassion fatigue and vicarious trauma.
- Reflect and create action plans for future encounters that may require intervention.