

# FIRST AID FOR BURNOUT AND CARING OVERLOAD



A TIME TO RE-ENERGIZE, RE-CONNECT, RENEW

Darcie D. Sims, Ph.D., CHT, CT, GMS  
Grief Inc.

First Aid for "Burnout" And "Caring Overload"

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### *About The Program*

## **First Aid For Burnout And Caring Overload**

Are you tired? Out of sorts? Crabby? Are you afraid you are getting sick and tired of caring? How do you cope when caring gets to be routine? How do you find the energy to remain empathetic, supportive and effective when you suffer from compassion fatigue and caring overload?

This seminar will explore the issue of Caring Overload and offer tips on coping with the stress of accumulated loss. We will discuss what happens when you become “supersaturated” and begin to “leak” on your co-workers, family and friends. Join us as we learn to create a Healing Environment for ourselves and others. We will define stress, identify symptoms of compassion fatigue, explore options for creative coping and build a FIRST AID KIT FOR BURNOUT. This is a *work* shop with a serious message and a *light* touch!

### **Content**

- Expectations of Self and Others
- Definitions of Stress, Burnout, Compassion Fatigue and Caring Overload
- Signs and Symptoms of Compassion Fatigue, Caring Overload
- Discovering and Understanding Your Coping Style
- Stress Management Tools and Techniques
- First Aid for Burnout
- Creating A Personal Plan for Survival

### **Objectives**

- Identify Expectations of Self, Others
- Define Stress
- List 4 Personal Indicators of Stress
- Define Burnout, Compassion Fatigue and Caring Overload
- Identify Personal Coping Style
- Identify 4 Effective Coping Strategies for Your Coping Style
- Develop a Personal Plan for Survival

### *About The Presenter*

## **Darcie D. Sims Ph.D., CHT, CT, GMS**



Darcie D. Sims, Ph.D., CHT, CT, GMS is a bereaved parent and child, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist, a board certified professional counselor and a licensed psychotherapist and hypnoterapist. She is the author of *Why Are the Casseroles Always Tuna?*, *Footsteps Through the Valley*, *Touchstones* and *If I Could Just See Hope*. She co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her daughter, Alicia Sims Franklin. Darcie co-authored *The Crying HandBook* with Bob Baugher. She also wrote and produced the videos *Handling the Holidays* and *What Color is Dead: Death From A Child's View* as well as authored numerous chapters in professional books and textbooks. Darcie is featured in the award-winning video series “*Good Grief*” produced by Iowa Public Television and has been featured in several other videos as well.

She is an internationally recognized speaker and was Coping Editor for *Bereavement* magazine for 15 years. She now writes for *Grief Digest*. She served on the national board of directors for The Compassionate Friends, the national board of directors for the Association of Death Education and Counseling and the board of trustees for the National Catholic Ministry to the Bereaved. Darcie received The Compassionate Friends Professional Award in 1999. She co-chaired the 1991, 1996 and 2005 World Gathering on Bereavement, and keynoted at all 4 World Gatherings.

Darcie is president and co-founder of **GRIEF, Inc.** a grief consulting business and the Director of the American Grief Academy in Seattle, Washington. She is the Director for Training and Certification for the Tragedy Assistance Program for Survivors (TAPS), a national support program for families experiencing the death of a family member while in service to the United States.

She is a Fellow in the American Psychotherapy Association, a Certified Diplomate in Clinical Hypnotherapy and is listed in *Who's Who in America*, *The World Who's Who of Women* and *The International Who's Who of Professional and Business Women*. She can be contacted at [Darcie@Griefinc.com](mailto:Darcie@Griefinc.com) or by calling (253) 929-0649. Visit her website at [www.GriefInc.com](http://www.GriefInc.com)

### **Advisory ...**

GREAT NEWS ... Based on the nature of our program, this seminar is open to all interested parties, especially end-of-life caregivers.

### **Special Note ...**

Seating for the program is limited. As such, the association reserves the right to determine attendance for the program based on the date of receipt of registration forms and checks or credit card payments. In the event the program should sell out, all late registrants will be notified and payments refunded.

### **Dress ...**

Although this is a professional conference, it has been determined that business attire or business casual attire will be acceptable.

### **Continuing Education Credits ...**

Application has been made to the Maine State Board of Funeral Service for accreditation of a total of 6.50 continuing education credits (representing 6.50 hours of continuing education contact) for participation in the entire program. Further, it is believed the Academy of Professional Funeral Service Practice will award a total of .65 continuing education credits under section A for participation in the entire program.

### **Policies ...**

#### **Attendance**

In keeping with the mandates set forth by the Maine State Board of Funeral Service Practice, in order to qualify for continuing education credit, participants must be present for the entire session for credit for the session in question. Our sessions will start promptly at the designated times. Program participants are reminded that although there is no on-site registration and they have pre-registered, they will be required to complete certain continuing education documentation upon arrival and should allow sufficient time to do so.

#### **Cancellations**

Cancellation requests must be received in writing; either by fax or e-mail. Those received on or before March 30, 2009 will be entitled to a 100% refund. Thereafter, guarantees will have been given and refunds will not be available.

Maine Funeral Directors Association  
38 Young Avenue  
Brunswick, Maine 04011  
207-729-9100 / 841-6330 - Cell  
207-729-0143 — FAX  
[sallybelanger@aol.com](mailto:sallybelanger@aol.com)

Inasmuch as the association office will be closed March 27-April 1, 2009 for a national meeting in Washington, DC, should you need to contact staff between these dates, please rely on e-mail or direct your call to the cell phone number listed above. We check for messages frequently and will get back to you as soon as possible.

#### **Special Reminder ...**

It will not be possible to arbitrarily change locations at the last minute as counts will have been given to the hotels. If you find that you are in a real bind, please contact the association office as soon as you know that you have a conflict to see if it is possible for arrangements to be made for you to switch locations.

## Agenda ... All Three Days

Tuesday, April 7, 2009  
Caribou Inn & Convention Center  
19 Main Street  
Caribou, Maine  
207-498-3733

Wednesday, April 8, 2009  
Hilton Garden Inn  
250 Haskell Road  
Bangor, Maine  
207-262-0099

Thursday, April 9, 2009  
Hilton Garden Inn  
5 Park Street  
Freeport, Maine  
207-865-1433

7:30 A.M. - 8:00 A.M.

Registration / Coffee Service

8:00 A.M. - 9:45 A.M.

Session I: *Are You A CareGiver or a CareTaker?*

- Expectations of Self, Others
- Expectations of Those Receiving Your Care
- Help vs. Rescue
- The Caregiver Who Needs To Care

9:45 A.M. - 10:00 A.M.

Break

10:00 A.M. - 11:45 A.M.

Session II: *Stress and Burnout: Taming The Tornado*

- Definitions of Stress, Compassion Fatigue, Caring Overload and Burnout
- Signs and Symptoms
- Who's In Charge?

11:45 A.M. - 12:30 P.M.

Lunch

12:30 P.M. - 1:45 P.M.

Session III: *Does One Size Fit Anyone? Personality and Coping Styles*

- Personality, Temperament, Character Definitions
- Finding Your Personality and Coping Style
- Ways to Work with Different Coping Styles

1:45 P.M. - 2:00 P.M.

Break

2:00 P.M. - 3:45 P.M.

Session IV: *First Aid For Compassion Fatigue and Caring Overload*

- Stress Management Tools and Techniques
- First Aid for Burnout
- Personal Plan for Survival

3:45 P.M. - 4:00 P.M.

Evaluations and Closing Remarks;  
Distribution of Continuing Education Certificates