

Care Giving



Healing Ourselves While Healing Others



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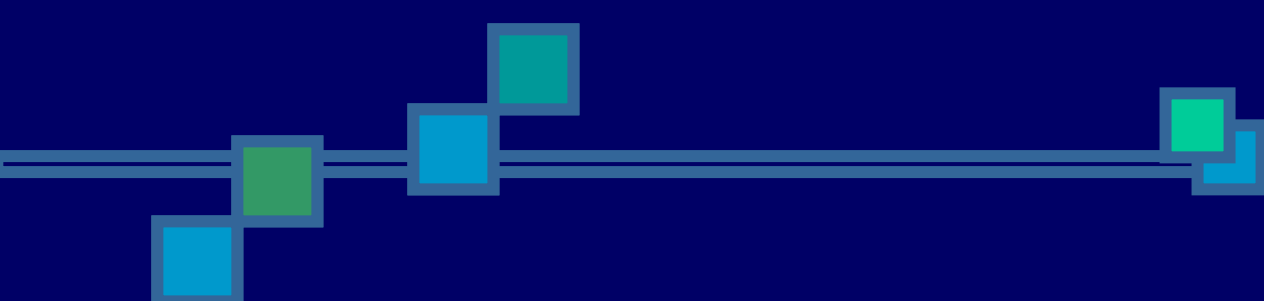





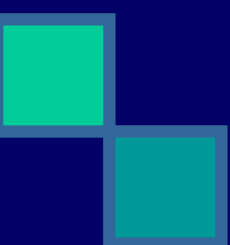
A Journey with Dad

The High Price of Caring






Stress/Distress/Secondary Stress in the Life of a Caregiver



- Definitions
- Demand for readjustment or adaptation



Burnout in Caregivers

- Burnout defined
 - Causes
- 



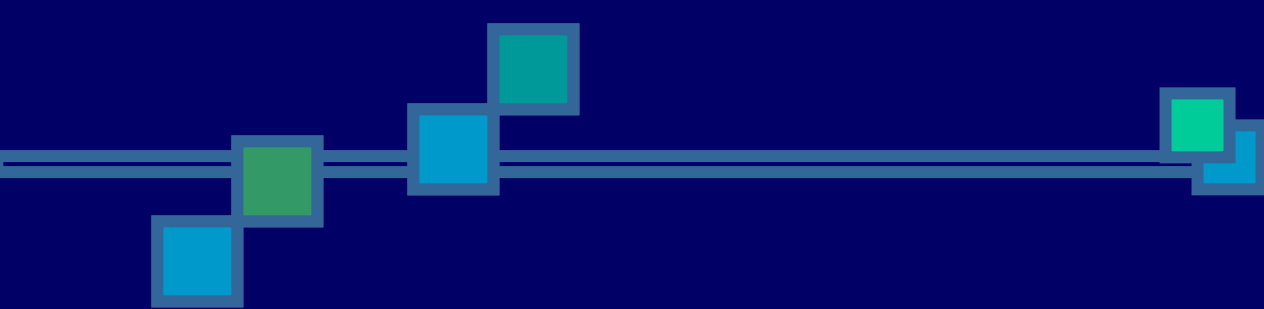
Compassion Fatigue in Caregivers

- Compassion Fatigue defined
 - Causes
- 



Focussing on Caregiver Burnout

- Treatment
 - Treatment Response
 - Treatment Prognosis
- 




Measuring Caregiver Stress






"Physician Heal Thyself"

- Caregiver Wellness
 - Reasons to Care for the self
 - Permission to care for the self
- 




The Sacred Mission of Caring

- The Ethics of Caring
 - The Healer's Purpose
 - Commitment to the client/family member
 - Commitment to the Self
- 



The Tapestry of Self Care

- Consciousness and self reflection
 - Revitalization
- 



“Laughter is the Best Medicine”

And so are...

Family and friends

Good food

Dancing

Love

Beauty

