

# Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists  
Successfully Addressing Workplace Stress, Burnout & Trauma

Email: [info@fisherandassociates.org](mailto:info@fisherandassociates.org)  
Website: [www.fisherandassociates.org](http://www.fisherandassociates.org)

Build Capacity

Promote Resiliency

Increase Coping Skills

## CARE FOR THE CAREGIVERS: Imperatives & Obstacles

A 1-DAY SPECIALIZED PROGRAM PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

Developed by: Dr. Patricia Fisher, R.Psych, L.Psych. © 2004.

### BACKGROUND

This workshop has been specifically designed for professionals providing care to high need populations (e.g., health care, social services, counselling and psychological services, pastoral care, etc.). Effective and sustainable self-care is critical for individuals who work under such demanding conditions.

Unfortunately, we often find that although providers of care may have adequate self-care knowledge, their use of appropriate strategies is seriously hampered. This has predictable negative consequences under conditions of high caregiver stress - leading to a wide range of personal, professional and organizational stress effects.

This workshop assists participants to clarify their self-care needs and to identify and move past the obstacles to self-care.

### GOALS & OBJECTIVES

The goals and objectives of the workshop are:

- To clarify the personal demands of the participant's professional care-giving role
- To identify individual participant's personal approach and beliefs about their role as caregivers.
- To assess participants basic levels of self-care in their personal and professional life.
- To identify areas of strength and neglect in participant's self-care.
- To identify internal and external resources that either help to mobilize self-care, or act as obstacles to comprehensive self-care.

- To identify internal and external resources that act as obstacles to effective self-care.
- To develop a strong and informed intention to enhance self-care sufficient to maintain wellness, in the context of work and personal life.
- To assist participants in developing effective self-care strategies.

### PROCESS

The workshop uses a combination of overheads, small and large group discussions, self-assessments and lecture format to assist participants in meeting the goals stated above. Each participant will have a copy of the workshop resource booklet containing:

- Background information and relevant theory.
- Self-assessment tools to determine current self-care levels in the participants' professional and personal life.
- Tools and strategies to assist with developing an effective self-care plan.
- Workshop exercises.

#### CANADA

Fisher & Associates Solutions. Inc.  
149 St. Lawrence St., Victoria, BC, V8V 1X9  
Ph. 250 595-1425, Fax. 250 595-1435

#### USA

Fisher & Associates Solutions, LLC.  
6 South Van Dyke Ave., Suffern, NY 10901  
Ph. 845 504-0979, Fax. 250-595-1435