

Workshop on Preventing Burnout and Promoting Well-Being for Helpers in End-of-life Settings

This workshop will provide training to prevent burnout and to promote the wellbeing of professional caregivers in end-of-life care settings through presentations, case examples and experiential exercises. It will cover common risks for burnout, compassion fatigue, and stress related illness in end-of-life care settings. The application of guidelines for assessing and innovating in social care organizations for spiritual sensitivity will be illustrated. Practical techniques to prevent burnout and promote professionals' coping and compassion satisfaction will be demonstrated through experiential exercises.