

## **Workshop on Addressing Secondary Traumatic Stress in End-of-life Care: A Body Work Approach**

Empathy is the essential quality of helping professionals. However, researches showed that compassion fatigue, vicarious trauma and burnout are common among helping professionals after years of practice. As a result of witnessing people facing their own or beloved's death and taking on the emotional burden of their sufferings, palliative & end-of-life care nurses and social workers are at a higher risk. Therefore, self-care practice is so crucial to maintain their physical and psychological well-being. This workshop will adopt a neuro-physiological perspective to explain how client distress impacts on the well-being of the service providers. The Somatic Experiencing (Levin, 1999), a body work approach, will be highlighted in the workshop. Somatic Experiencing advocates that people can use their own body sensation and instinct ability to restore to normal from the overwhelming experience. This workshop aims to increase participants' body awareness so that they could be more present when helping their patients. Participants will learn how to make connection with their own bodies through various experiential exercises. Moreover, some self-care skills and tips will be introduced.