

## **BURNOUT COUNSELLORS**

### **Compassion fatigue and secondary trauma**

To care for others has a price. This statement is especially applicable to those who are working with human science and who daily experience crisis, trauma and pain. The objective of this course is to equip ministers, youth workers, pastoral counsellors, social workers and other Christian workers and be informed regarding burnout and compassion fatigue. At the base of burnout syndrome there lies a pattern of emotional overloading in the mists of little acknowledgement or appreciation. Many counsellors and therapists are prone to getting emotionally involved and then move past their own boundaries. Then they tend to feel overwhelmed by emotional demands that come their way. Symptoms seem to be the same as the client's and then the counsellor begins to doubt the chosen profession. In this course aspects as mentioned above will be discussed as well as focusing on the rules to prevent and heal.

Accreditation:       5x VBO points  
                              5x CPD points

## UITGEBRANDE BERADERS

### Medelye-moegheid en sekondêre traumatisering

*Om om te gee vir andere kos 'n prys.* Hierdie stelling is besonder van toepassing op diegene wat binne die mensewetenskappe werk en daagliks en daagliks by mense en hul krisisse, trauma en pyn betrokke is. Die oogmerk van hierdie kursus is om leraars, jeugwerkers, pastorale beraders, maatskaplike werkers en ander Christen werkers toe te rus en op te skerp betreffende die probleem van uitbranding en medelye-moegheid. Ten grondslag van die uitbranding sindroom is normaalweg 'n patroon van emosionele oorlading temidde van min erkenning en waardering. Talle beraders en terapeute is ook geneig om emosioneel oorbetrokke te raak en dan hul eie grense in hierdie proses te oorskry. Die gevolg is dat hulle dan maklik oorweldig voel deur die emosionele eise wat andere aan hulle stel. 'n Verdere gevolg is dat daar uiteindelik geworstel kan word met dieselfde simptome as die beradenes en dat die berader selfs 'n punt kan bereik waar daar getwyfel word aan jou eie roeping en oorspronklike loopbaan keuse. In hierdie kursus gaan ons let op aspekte soos hierdie, en dan ook fokus op maatreëls ter voorkoming en genesing.

**Akkreditering:** 5x VBO punte  
5x CPD punte