

COMPASSION FATIGUE

A Compassionate Approach to HSC Staff Wellbeing

Friday 31 March 2023 • 10am-11.30am • Online

Recently there has been a rise of interest in bringing Compassion focused practices to the workplace in order to improve team functioning and wellbeing. The concept of a compassionate approach to the workplace brings compassion into every grade and domain in the workplace so that regardless of grade or seniority, compassionate leadership is everyone's business.

Join Dr. Lee will to discuss:

- **Why staff burnout occurs**
- **What is a Compassionate Approach to Staff Wellbeing**
- **How it helps**
- **Practical Solutions**

Scan the QR Code below for more information and to register.



Workshop Facilitator

Dr Deborah Lee has supported Berkshire Healthcare NHS Trust to develop and roll out a compassionate leadership programme.



To date over 1300 staff have accessed the training.

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and South Central Complex Treatment Service for Veterans. She is also an honorary Senior Lecturer at University College London. She is author of the Compassionate Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (2013). New Harbinger, New York. Dr Lee has worked in the field of trauma for 25 years and specialises in the treatment of Complex PTSD. Her particular area of clinical and research interest is in shame-based PTSD and self-criticism. She has pioneered the use of developing compassionate resilience as part of a phased based treatment approach to complex PTSD. She has widely contributed to the dissemination of her clinical knowledge through writing and delivering over 150 clinical workshops and talks in North America, Europe Japan and Australia.