



# NAVIGATING BURNOUT, COMPASSION FATIGUE AND VICARIOUS TRAUMA

Thursday 23 May, 7 – 8pm



## ELLE CRADWICK

*Mental Health Educator*

Kia ora, nō Ingarangi ahau, engari, kei Ōtautahi taku kāinga ināianei.  
Ko Tangata Tiriti ahau, Ko Elle Cradwick tōku ingoa.

Elle has a background in psychology (MSc) and suicide prevention, as well as in the mental health innovation space with Big Chats. As a mental health professional, she is particularly interested in supporting professionals and community members of people with mental health concerns by providing education, resources and advice on relevant topics.

### **In this presentation Elle will discuss:**

- We hear talk of burnout a lot as healthcare professionals – what does the evidence say, and how do we notice it in ourselves?
- Myth-busting some common beliefs about burnout
- Differences and similarities between burnout, compassion fatigue, and vicarious trauma
- Introducing Trauma Stewardship
- Adding to your existing kete/basket of practical strategies to take care of yourself for the long haul.

## REGISTRATIONS REQUIRED

Use the link:

<https://tinyurl.com/NZATS23MAY>

