

## Helping the Helper

### Reflective Supervision (CPD) Groups

#### Why Join?

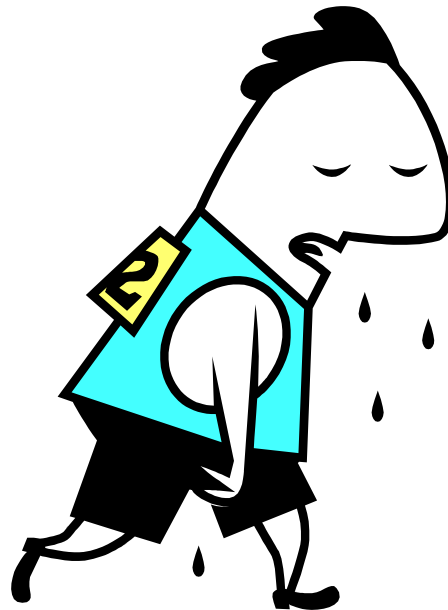
There is a growing body of evidence to suggest working with volatile, emotional and or physically demanding clients can have a direct effect on our psycho physiological systems. The potential impact of chronic exposure to such a demanding work environment and workload may lead to **Burnout** and **Compassion Fatigue**.

#### Who is At Risk?

Anyone working in an emotionally, physically and demanding role is at risk. Burnout and Compassion Fatigue are normal responses to the working environment situation but over time can develop into syndromes that affect all aspects of an employee's functioning. These cumulative changes have not just an impact on the employee but on the organisation and the service provided to service users.

#### What are the signs?

- apathy
- anger
- low mood
- low morale
- lack of motivation
- breakdown in communication
- lowered immune symptom
- reduced general functioning
- increase in self destructive behaviours
- problems in relationships with others



#### Aims and Goals of a Typical Group:

- To create a warm, relaxed and confidential space
- Explore work related stress
- Develop reflective practice
- Develop coping strategies
- Increase self awareness
- Reduce symptoms of Burnout And or Compassion Fatigue
- **FUN!**

**Fro more information or to register your interest contact:**

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*A Real World Approach*