Protecting Ourselves: Increasing Resilience as Practitioners

Presenter: Susan MaComb M. Coun

Presentation Description

As professionals who pride ourselves on our ability to help others, we are susceptible to being overcome by the struggles of those we aim to help and can forget about taking care of ourselves. In this workshop, we will discuss the personal and environmental factors that can lead to compassion fatigue, and experiment with some creative ways to prevent it from happening, progressing, or to help recover if you're already there.

Susan MaComb M. Coun

Susan MaComb, LCPC, M.Coun, graduated from Idaho State University in 2007. Since that time, she has worked in private practice, community mental health, and higher education. She currently works as a counselor in ISU Counseling and Testing Service. As a helping professional, Susan has always been interested in finding creative ways to help prevent and recover from burnout and compassion fatigue and enjoys sharing what she’s learned with others. She has presented on this topic in relation to advising in 2013 at NACADA national conference.