

Celebrating Ourselves: Beating Burnout

The Health Cares Exchange Initiative, Inc.
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Celebrating Ourselves

Who cares for the care provider? Both paid and non-paid persons who offer their compassion, skills and resources to those in need are often at risk for stress, compassion fatigue or vicarious traumatization, creating costly health and emotional challenges and also gaps in expertise and caring. Care providers must be reminded how to assert themselves, set healthy boundaries and respond to stress in healthy ways. Focus groups held by HCEI across the US confirm the need to celebrate the spirit and journey of caring persons while teaching self-preservation skills for the future. When caring persons care for themselves they provide better care for others.

Presentation Outline

Beginning 1996 in the United States, HCEI held the first-ever nationwide focus groups with both paid and non-paid care providers to document their experiences and needs. From Boston to Kansas, caregivers expressed their needs. In response, this dynamic, interactive and empowering seminar was developed and has been presented to thousands of caregivers. Participants self-identify based on their own experiences and learn through a series of writing, visual and other experiential exercises. The session includes appreciation of dedication and encourages caring persons to set healthy future goals.

Objectives

Seminar participants will be able to:

- Understand dynamics of providing care
- Articulate how each person experiences stress uniquely
- Identify symptoms of compassion fatigue
- Utilize practical, proven solutions and exercises for stress reduction
- Set healthy goals and create a future response plan for personal/professional stress

Presentation

Founder and Director R. Scott Boots received his MPA degree at the University of Illinois at Chicago and is also a graduate of the University of Iowa and Interlochen Center for the Arts. A caregiver himself, he has worked as a training and administration consultant with the Massachusetts Departments of Environmental Protection, Social Services and Public Health and served as Co-Chair of Pastoral Care and Chair of the AIDS Support Committee at Trinity Church in the City of Boston. After founding HCEI in 1992, Scott studied wellness at the Touch Therapy Institute in Cambridge, MA and the Mind-Body Clinic at Boston's Beth-Israel Deaconess Hospital. His seminars have been presented to thousands of caring persons internationally. Recent audiences include Mt. Sinai Health System, Chicago, Scripps Mercy Hospital San Diego, Oregon Alzheimer's Association, Greater Iowa Alzheimer's Association, Chicago Medical School, Wake Forest University School of Medicine, and the MN Academy of Audiologists.

For more information please visit HCEI.org