



Our workshops involve in-depth teaching and practice designed to both enrich your spiritual growth and enhance your quest to become more of the person you were created to be. This journey will enable you to experience greater authenticity, wholeness and Christ-likeness in all areas of your life.



This workshop will be taught by Dr Peter Holmes and Dr Susan Williams, sharing from their own personal experience and from many others they have taught and supported. It will include practical steps for you to follow during and after the workshop to help you become more of who you were created to be.



Peter and Susan are experienced speakers, pastoral counsellors and authors from UK, where the Rapha Journey originated. The Rapha Journey is a step-by-step Biblical process of growing into greater wholeness and (when you are ready) a deeper relationship with God.

For more information, see our website
www.findingfreedom.solutions

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Finding Freedom Offices
2149 E. Cameron Bridge Road
Bozeman, MT 59718

COMPASSION FATIGUE: ITS CAUSES AND CURES

JANUARY 21, 2021



FINDING FREEDOM
WORKSHOP

What is the workshop about?

Many people find that people and relationships can be tiring. When we need to provide support, love and care for others it can be exhausting, leaving us depleted and sometimes even resentful. We can feel ill-equipped, vulnerable, and perhaps overwhelmed. Even if this doesn't apply to you, there will be people close to you who feel this way.

If this was a problem in a pre-pandemic world, how much more severe is it now, when social distancing, masks, vaccinations and testing have become a normal part of social interaction? So many people in our world are more emotionally and physically ill than they were 12 months ago. In addition there are millions, yes millions, who are facing the multi-faceted challenges of unexpected bereavement or suffering significant changes in health to those they love.

How will we respond? It is easy to try and ignore the need, to stand back, to disconnect ourselves from these life experiences. This semi-successful but always stressful approach is a vain attempt to achieve self-preservation. Is there an alternative? Is it possible to love well in the midst of such brokenness, without becoming increasingly broken ourselves? And can we help others do the same?

Compassion fatigue is a term that describes the exhaustion of trying to empathize, to love, to support, when we have run out of our own capacity to do so. We start to find people and their stories exhausting, to want to avoid the phone or the next Zoom call. It is common in professions such as therapists, counsellors, doctors, pastors, etc. But it is increasingly becoming a problem for any who are willing to notice the people around them.

The capacity to manage compassion fatigue is becoming a fundamental life skill for 21st century living. In this workshop Peter Holmes and Susan Williams will introduce compassion fatigue, the damage it creates and what can be done to avoid becoming burnt out by other people's need. They will use psychological, sociological and theological perspectives to look beneath the surface at the mechanics of our emotional responses when we are around people in need. They will explore what we can each do to love well without it becoming a personal emotional hemorrhage.

We will include practical steps not only to recover from burnout and exhaustion, but to prevent it occurring. You will discover how to avoid the overwhelm of another's story. You will leave with tools to maintain your own emotional health and resilience in the face of need. And you will feel more equipped to respond to those close to you who do not understand the compassion fatigue they are suffering from.

Everyone is welcome to our workshops. We will include a Biblical perspective that can help deepen your relationship with God. But if you are not currently in a faith journey, we explicitly encourage you to take up what is most helpful and set aside anything you may not be comfortable with.

Times

This workshop will run Thursday, January 21st from 6:30-9:30pm

Location

The Commons at Baxter & Love
1794 Baxter Lane East
Bozeman, MT 59178

This workshop will also be streamed live online.
To receive the link, please preregister (details are below).

Price

We never want finances to be a barrier to people receiving the help they need in finding healing.
Given this, there is no fee for this workshop.

We will however, be taking donations to help cover our costs.
You can donate at the workshop, or in advance when you preregister (registration details are below).

Finding Freedom is a registered 501(c)3 nonprofit organization.

Registration

We value your preregistration so we can be prepared to welcome you.
You can sign up in one of three ways:

Online at www.findingfreedom.solutions/events

Email: info@findingfreedom.solutions

Call: 406-570-7040

More Information

*Due to Covid-19 we will be encouraging social distancing.

*The Commons also requires the use of masks, unless you are seated in the auditorium.

*We will not be serving refreshments, so please feel free to bring your own snacks.

*Bottled water will be available