



## CARE FOR THE CAREGIVER

### Critical Resiliency Practices for Decreasing Burnout and Increasing Retention of Direct Care Staff

Care for the Caregiver is a self-care and professional practice approach specifically created for clinicians and healthcare staff who must manage the intense stress of caring for clients on an ongoing basis and through challenging circumstances. These practices are critical for increasing longevity, professional satisfaction and the ability to maintain a compassionate approach to care.

#### Attendees will Learn:

- ◆ How to identify symptoms of Compassion Fatigue & Burnout.
- ◆ Intervention strategies to increase professional effectiveness and personal well-being.
- ◆ Mindfulness techniques, breathing practices and holistic approaches to self-care that renew and rejuvenate the body, mind, emotions and spirit.
- ◆ All attendees will receive a 70 minute audio CD containing guided relaxations specifically created for caregivers.

#### Who Should Attend:

- ◆ Executive Directors
- ◆ HR Professionals
- ◆ Supervisors
- ◆ Program Managers

**Client Testimonial:** *“Before the workshop I was a bit skeptical about how it would benefit us but willing to have a break from seeing clients. I learned some concrete ways to take care of myself. Alicia challenged us to come up with practical ways to support each other and work better as a team. She helped us develop useful strategies. I found the training very worthwhile. Alicia created a safe, supportive atmosphere which enabled us to share feelings with each other.” ~ Clinician, Hartford Behavioral Health*

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Presented by Alicia Davis, AliKat Consulting

Alicia Davis, LMT has a passion for helping people live more balanced and healthy lives. As a Massage Therapist, Expressive Movement Therapist and Consultant she has taught 1000's of entrepreneurs and healthcare providers how to release the harmful effects of stress from their bodies and minds while creating more ease, flow and energy in their everyday lives. As the Founder and 'voice' of GuruGrams™ she brings inspirational audio messages of relaxation to listeners around the globe. Alicia is also a published author in the book “Strategies for Success”.

<http://tinyurl.com/aliciadavislmt>



**Date:** Tuesday, June 22

**Time:** 8:30 am - 10:00 am

**Location:** Schuster Driscoll, 135 South Road, Farmington, CT

**Cost:** Member - \$25, Nonmember - \$35

**Register:** Email [dbraxton@tangoalliance.org](mailto:dbraxton@tangoalliance.org)

