



CENTRE FOR PSYCHOLOGY
AND EMOTIONAL HEALTH

When the Well is Dry: Compassion Fatigue, Vicarious Trauma and Self-Care

Cleo Haber, M.S.W., Registered Social Worker



January 9, 2026



9:30AM – 4:30PM (Eastern Standard Time)



Live Online Workshop

REGISTER



OVERVIEW

This training is designed for anyone working in the helping professions, personal caregivers, or anyone interested in compassion fatigue, vicarious trauma and self-care.

Participants of this training will learn to distinguish between compassion fatigue, vicarious trauma and burnout. They will learn how to identify the early warning signs and symptoms to determine their struggles. Strategies to address compassion fatigue, vicarious trauma and burnout, and promote resilience and self-care will be provided. All participants will leave the webinar having crafted their own wellness plan!



OBJECTIVES

REGISTER



- Define compassion fatigue, vicarious trauma and burnout and discuss how they look and feel
- Understand the risk factors for compassion fatigue, vicarious trauma and burnout
- Utilize individual self-assessment tools to reflect on their own compassion satisfaction, stress and fatigue
- Share and discuss a variety of self-care strategies to develop their own wellness and resiliency plans

RATES

Early Registration Rate - \$189 (+ applicable taxes)

Regular Admission - \$219 (+ applicable taxes)

Student Rate - \$149 (+ applicable taxes)

Students are eligible for a student rate. Please sign up [here](#) to access student benefits. Student rates apply to individuals currently enrolled in an undergraduate, master's, or doctoral program at a recognized post-secondary institution.

ABOUT THE PRESENTER

REGISTER



Cleo Haber, BSW, RSW, MSW is the founder and Clinical Director of North Star Therapy. She has over 20 years of experience in the field, specializing in mental health and working with individuals, couples, and groups.

In addition to providing psychotherapy and clinical supervision, Cleo regularly facilitates workshops and professional development training. She brings extensive post-graduate training and a commitment to ongoing learning, integrating the latest research into her work.

Cleo works from an anti-oppressive, strengths based and client-centred perspective. She integrates multiple evidence-based clinical approaches including: Internal Family Systems Therapy (IFS), Cognitive Behavioural Therapy (CBT), Interpersonal therapy (IPT), Emotion Focused Therapy (EFT), and Mindfulness.