



Is It Compassion Fatigue or Something More?

June 7th from 4:00pm-5:00pm ET

Presented by **Mary Schoenfeldt**

Presentation Abstract: As Emergency Management Professionals from every discipline, are you having trouble sleeping or making a decision? Do you sometimes bark back at the dog or startle when someone comes up behind you? Have you regretted a decision you made or maybe even found yourself thinking about changing jobs? If so, you are not alone. Emergency Management Professionals around the world are experiencing many of those same things. Some of us are experiencing what is known as Compassion Fatigue and some are experiencing something else. Compassion is our desire to make a difference for others and Compassion Fatigue is when we become exhausted and overwhelmed to the point it takes a toll on us and those around us. The good news is that Compassion Fatigue is manageable and doesn't always lead to burnout or more serious problems. But what if does, what then? There are simple strategies to help identify and then manage the impact of our profession.

During the 2020 IAEM conference Reimagine, Dr. Schoenfeldt presented one of the most highly rated sessions on Disaster Stress Management in an EOC Environment. This Encore session will take us to another level. Come learn for yourself and your colleagues

Speaker Bio: Dr. Mary Schoenfeldt is an Emergency Management Professional with a background in disaster psychology. She is Board President of Green Cross Academy of Traumatology and is experienced

both personally and professionally with Compassion Fatigue, Burn Out and other risks of our profession. She speaks from the heart in language we can understand and can give real life strategies to make a difference. Your job is to be the reassurer to your community, her job is to reassure the reassurers!