

Resisting 'Burn Out' and Inviting Sustainability into our Community



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Vikki is a therapist/activist whose experience includes clinical supervision and therapy with refugees and survivors of torture, mental health and substance abuse counselors, anti-violence counsellors, and working alongside transgendered and queer communities. Vikki has been the Therapeutic Supervisor of Peak House since 2002, and was a Family Therapist at Peak for many years. Vikki's published work addresses social justice, sustainability, ethics, and trauma. She is an Instructor with VCC, UBC and City University where she received the Deans Award for Distinguished Instruction. (www.vikkireynolds.ca)

June 10, 2011 8:30am-4:30pm

City University Room #350-789 W.Pender Vancouver Cost \$120

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People working with people struggling with poverty, violence and oppression are often told that they will "burn out". The compassionate care of the workers is seen as naïve, immature, unprofessional, and something they will "get over". We're also told that clients are responsible for harming us with their pain, when most workers tell me that's not the case-and that they suffer from structural issues of injustice that don't allow for us to provide the care required to address suffering.

We're not burning out-we're being blown up!

Contrary to this is the story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allow us to work congruently with our ethics.

Objectives:

- In this experiential workshop workers will unpack the prescriptive story of "burnout", and map their relationship with stories of sustainability.
- We will collectively honour our own resistance to unjust ways of working, and map the influence of ideas and practices of social justice in our work.
- Workers will be invited to begin to build their own "solidarity team"; examining who stands alongside them, what ideas and practices sustain them, and how they might access support when burnout attacks.
- We'll address our collective ethics and practices of Collective Care as opposed to self care