

It's Not Burn Out

Small group workshops specifically designed for medical professionals



Compassion Fatigue, Moral Injury, & Secondary Trauma.

Signs & Symptoms

- + Perceived loss of efficacy
- + Muscle tension
- + Cynical attitude towards medicine
- + Gastrointestinal upset
- + Helplessness
- + Shame
- + Worry
- + Difficulty with sleep
- + Exhaustion
- + Frustration
- + Headaches

Causes

- + Challenging medical decisions
- + Working under extreme pressure
- + Balancing personal physical and mental health needs with the needs of their patients.

Complimentary Offering

- + Would you like to know more? Please join us on July 26, 2021 5pm-7pm for a no cost virtual presentation with research backed burnout insights and overview.
- + Space is limited reserve a spot now



Dr. Kristin David received her post-doctoral degree in psychology from Brown University and has worked in a variety of medical settings across Rhode Island for almost two decades. Kristin has experienced the effects of compassion fatigue and secondary trauma personally. After she witnessed the same struggles with colleagues and clients, she developed this model to try and address this systemic issue's effect on providers.



DrKristinDavid@gmail.com



(401)465-2670



www.drkristindavid.com