



**Family Caregivers Unite!**  
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**December 4th 2012: Compassion Fatigue and Chronic Sorrow**

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Jan Spilman, MEd, is a Registered Clinical Counsellor, Compassion Fatigue Specialist, and Mental Health Educator, [www.caregiverwellness.ca](http://www.caregiverwellness.ca). She discusses her professional career, her experience with family caregiving, what led her to become a Compassion Fatigue and Chronic Sorrow Specialist, and what her work involves. She describes compassion fatigue and chronic sorrow, and the challenges that compassion fatigue creates for family caregivers. She discusses the consequences for family caregivers if they don't get effective help with their challenges. She explains the help needed by family care

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**Featured Guest**



**Jan Spilman, MEd**

Jan Spilman, MEd, is a Registered Clinical Counsellor, Compassion Fatigue Specialist, and Mental Health Educator with a passion for helping people-who-help-people to live well with the stress of their personal and professional caregiving. She specializes in designing and delivering renewing, interactive, wellness-oriented workshops on Compassion Fatigue, Chronic Sorrow, Double-duty Caregiving, Personal and Professional Wellness, and the Enneagram to groups of family caregivers, professionals, and volunteers across the country, [www.caregiverwellness.ca](http://www.caregiverwellness.ca). Her professional career includes 10 years as an acute and critical care nurse and nurse-manager, and 1

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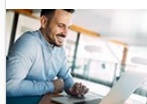
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