



KEYNOTE SPEAKER

Pascale Brillon



In-person presentation
and broadcast live online

Dr. Pascale Brillon is a clinical psychologist, clinical supervisor, and director of the Alpha Institute. Since 2018, she is also a regular professor in the Department of Psychology at UQAM and directs the Trauma and Resilience Research Laboratory. She is a trainer specializing in the treatment of grief and post-traumatic stress as well as the prevention of compassion fatigue among workers. Dr. Brillon has been invited to share her expertise on numerous public affairs commissions and regularly gives conferences and training sessions in Canada, France, Switzerland, Belgium, Luxembourg, Guyana and the French West Indies. She has written some twenty manuscripts and is the author of four books: *How to Help Victims Suffering from Post-Traumatic Stress*, *Recovering from Trauma*, *When Death is Traumatic*, and *Maintaining my Vitality as a Caregiver*.

Plenary : May 11

The Challenges of Post-Traumatic Intervention: Preventing Compassion Fatigue and Vicarious Trauma

Our work is not trivial: disturbing descriptions of traumas, intense emotional reactions, suicidal risks or dramatic regressive behaviors, our clients' distress can leave its mark on any practitioner. How can we maintain our vitality in order to practice this profession for a long time and with pleasure?

This conference will first identify the various stressors and distinguish between compassion fatigue and vicarious trauma syndromes. Then, it will attempt to answer the following questions: What are the factors that make our reaction even more severe? Why do some victims upset us more than others? How does our work affect our emotions? How do we see the world, people, society, our power to change things? And finally: What can we do to maximize our adaptive resources and minimize the negative impacts of our work?