



Excelling at Work & Life

Presented by TriHealth EAP®

The Cost of Caring: Protecting Yourself from Vicarious Trauma

Webinar

Thursday, August 6, 12:00 – 1:00 p.m.

Wednesday, August 12, 10:00 – 11:00 a.m.

Vicarious trauma—often referred to as the ‘cost of caring’ or ‘compassion fatigue’—arises when professionals internalize the emotional pain and trauma of those they serve. Left unmanaged, it can lead to heightened stress, burnout, and emotional exhaustion. This session explores practical strategies to recognize early signs, build resilience, and maintain wellbeing while continuing to provide compassionate care.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



**Blake Workman, MS,
LPCC**
TriHealth Lifting
Caregiver Program
Administrator

Blake Workman is a Licensed Professional Clinical Counselor (LPCC) serving as the TriHealth Lifting Caregivers Administrator. With over 24 years of experience in mental health, Blake previously worked in community mental health, Employee Assistance and as director of psychological services for a military base. Blake earned his undergraduate degree in Outdoor Education from Black Hills State University and his graduate degree in Clinical Counseling from South Dakota State University. He is passionate about the EAP profession, where he finds fulfillment in clinical work, presentations, and supporting caregivers.

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