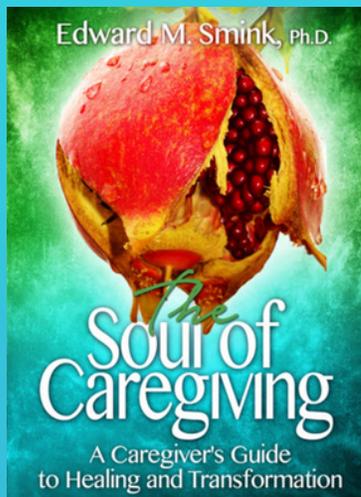




*"Who Hugs the Hugger?
Caregiving for
your Soul"*



[smink_m](#)



[edwardmphd](#)



[soulofcaregiving](#)



edward@soulofcaregiving.com



805.470.9290



[soulofcaregiving.com](#)

Edward M. Smink, PhD

AUTHOR OF THE SOUL OF CAREGIVING

My experience as nurse assistant, registered nurse, chaplain, pastoral counselor, and executive healthcare leader for over forty years gives me pause to speak. As a caregiver, something within me aches to share the insights and wisdom that I hold as a sacred treasure. I want to reach out to all who care selflessly for others. I want to say that the scars or interior wounds that you experience as caregivers are invitations to rediscover your Soul. You are not alone. You are not going mad when your soul aches because you have cared.

Speaking Topics

STRENGTHS AND PITFALLS OF CAREGIVING

1 This seminar explores the universal, archetypal, and mythological underpinnings of caregiving that increases awareness of self-care.

HOSPITALITY: THE HEART OF CAREGIVING

2 This talk focuses on the caregiver's necessary practice of hospitality and the effects of this practice on both the caregiver and the one receiving care.

THE DANCE OF CAREGIVING: OVERCOMING COMPASSION FATIGUE

3 This talk emphasizes the ability to avoid compassion fatigue, burnout, and secondary stress through building compassion resilience.

Offerings

1 HR WORKSHOP

Self-Care for Caregivers

HALF DAY SEMINAR

The Spirituality of Caregiving:
Caregivers as Wounded Healers

KEYNOTE ADDRESS

Who Hugs the Hugger? Caregiving
for Your Soul

FULL DAY SEMINAR

The Dance of Caregiving: Exploring
The Soul of Caregiving



Ed helps to bring into the light the common syndrome of 'compassion fatigue' where we, as caregivers, may come face-to-face with our darkest shadows. His courageous, personal illustrations where he showcases his own vulnerability remind us that we are in conversation with someone who's 'been there; done that.'



- Joy W. Goldman RN, MS, PCC Certified Physician Development Coach
Leadership/Executive Coach