

A Study on WORK-RELATED STRESS in Child and Youth Care Counsellors

Working with children and youth in care is a difficult and emotionally demanding job. Children and youth in care often suffer from a traumatic past and it is the job of the child and youth care counsellor (CYCC) to provide care and support for this vulnerable population on a daily basis. This care and support can extract a mental and emotional toll on the child and youth care counsellor which has been hypothesized to cause work-related stress reactions often called vicarious trauma and compassion fatigue.

- ☞ Are you a front-line child and youth care counsellor (CYCC) in direct contact with children and youth in care?
- ☞ Do you have 6 months of experience as a CYCC?
- ☞ Do you work at least 30 hours per week as a CYCC?

My name is Sean Barford, and I am a Doctoral Student in the Counselling Psychology department at the University of Alberta. For the past 5 years I have worked as a child and youth care counsellor (CYCC) at the Yellowhead Youth Centre in Edmonton, Alberta. While working as a CYCC I have developed a keen interest in the mental and emotional difficulties of working with such a vulnerable population of children and youth.

I am currently conducting a **two phase** study to understand the relationship between empathy and work-related stress. I hope that my work in this area will contribute to our understanding of the effects of work-related stress. Additionally, I hope that this understanding will result in new policies and procedures to protect the mental and emotional well-being of child and youth care counsellors.

If you are interested in learning more about this study, please email me,

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