

COPEPLUS

Compassion Fatigue Counseling for Laboratory Animal Professionals

“Any mind that is capable of a real sorrow is capable of good”



CopePlus is a bureau specialized in Compassion Fatigue Counseling for professionals working with laboratory animals.



Working in an animal facility and caring too much can cause mental pain. When animal caregivers focus on the animals and their well-being without practicing self-care, destructive behavior can surface. Listlessness, irritability and emotional exhaustion head a long list of symptoms associated with the secondary traumatic stress disorder now labeled: Compassion Fatigue. When people are experiencing compassion fatigue it will stagnate the ability to mature in their profession.

It is well known that people frequently experience grief, sadness and feelings of guilt, both during the term of a study and when a study is completed and the animals need to be euthanized. Acknowledging that these feelings exist and providing support are very important. If these emotions are addressed appropriately, people will feel validated and their coping mechanism will be strengthened. Their ability to sustain and to form new bonds will be reinforced. It is very important to provide good guidance to set up a sustainable support program that is suitable and customized for a facility.

**For more information
about COPEPLUS:
please contact us**

I believe that addressing these emotions related to laboratory animal sciences is so important that I started in 2009 a Compassion Fatigue Counseling Bureau for laboratory animal professionals. I know that when providing the proper tools on how to manage these human emotions will help the laboratory animal caregivers, research team as well as the animals.

I am a Certified Compassion Fatigue Professional

Our counseling service includes the following:

1. Needs Assessment: Comprehensive report is provided after the Needs Assessment is completed.
2. Setting up Compassion Fatigue Support Programs.
3. Virtual guidance during crisis situations
4. Workshops specific for **laboratory animal** care staff as well for all animal caregivers
5. Teachings on Self Care and Awareness
6. Provide guidance for Compassion Fatigue Survey design to suit your facility



How much do I charge?

It is a labor of love. It is my give back to the world of Laboratory Animal Sciences which has given me so much

I do **NOT** charge a speaker or consulting fee; you only pay for all my travel expenses, including airfare, hotel, meals, ground transportation and parking.

1. I am located in New Jersey, USA and Lucerne, Switzerland.
2. USA located facilities pay for traveling within the USA and European facilities for traveling within Europe.

How to contact us:

CopePlus is located in the USA and Switzerland

In the USA: anneke338@me.com

In Switzerland: +41 79 137 2481

Anneke Keizer BS, MBA, LATg, CCFP

Since I am located on two continents, the best route to contact me is via email.





My Covenant/Mission Statement

This I promise:

Go out into the world of Laboratory Animal Sciences to provide people working in this field the best guidance possible and allow them to heal and cope with compassion fatigue, making them strong enough to continue their caring work.