

Barbara Rubel

Motivational Speaker, Trainer, and Author

In her customized programs, Barbara Rubel presents her unique 8-step system that helps professionals manage stress, job burnout, compassion fatigue and vicarious trauma.

Why Book Barbara for Your Next Event?

- Barbara has more than 20 years' experience helping professionals survive and thrive their stressful jobs.
- Barbara captivates audiences at mental health and healthcare conferences, national associations, victim assistance trainings and stressed out workplaces.
- Consistently top rated by attendees managing change, transition, job stress or loss.
- She offers a composite of experience, research and practical application that promotes wellness.
- With a humorous interactive teaching style, she delivers highly content-filled, interactive seminars, keynotes and trainings.
- As a Board Certified Expert in Traumatic Stress and Diplomate, American Academy of Experts in Traumatic Stress with a BS in Psychology and MA in Community Health, from Brooklyn College, she knows her stuff when it comes to psychology, bereavement, and stress management.
- She is featured in an Emmy Award winning documentary, *Fatal Mistakes*, narrated by Mariette Hartley where she shares the story of her father's suicide while pregnant with triplets.
- She is the author of *But I Didn't Say Goodbye: Helping children and families after a suicide* and the 30 hour continuing education course book for Nurses, *Death, Dying and Bereavement: Providing compassion during a time of need*.
- She is the co-author of the *Compassion Fatigue: Vicarious trauma* training curriculum for the Department of Justice: Office for Victims of Crime.
- She is a contributing writer in *Coaching for Results: Expert advice from 25 international coaches*; *Keys to a Good Life: Wisdom to unlock your power within*; *Thin Threads: Grief and renewal*; and *Fresh Grief: Inspirational stories from opentohope.com*.

Speaking Topics

- The FABULOUS Principle©: Managing stress, job burnout and compassion fatigue
- Grief in the Workplace
- Palette of Grief©: Using strengths and resilience to manage reactions to loss
- But I Didn't Say Goodbye: What to say and do after a suicide, homicide or drug overdose
- Victim Relations Training: What every helping professional needs to know



Meeting Planners consider Barbara easy to work with while planning the program and consistently ask her to come back for additional events.

Partial Client List

American Psychiatric Association
Association for Death Education and Counseling
Catholic Charities
Central Ohio Conference on Grief
College of Nursing, University of TN Health Science
Center Cashdollar Visiting Professor
Edwin S. Shneidman Program in Thanatology, Marian University
FBI National Academy, Missouri
Funeral Service Foundation
Hospice and Palliative Care Organization
Johns Hopkins, MD
Mothers Against Drunk Driving
National Association of School Nurses
National Association of Social Workers (NASW)
NY American College of Emergency Physicians
Penn State College of Medicine
Tragedy Assistance Program for Survivors (TAPS)
University of Notre Dame
Veterans Administration Health Care System
National Alliance on Mental Illness
International Critical Incident Stress Foundation
U.S. Dept. of Justice, Office of Justice Programs

Barbara devoted the first part of her career assisting the bereaved and the second half advancing professional well-being.

Contact Information

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