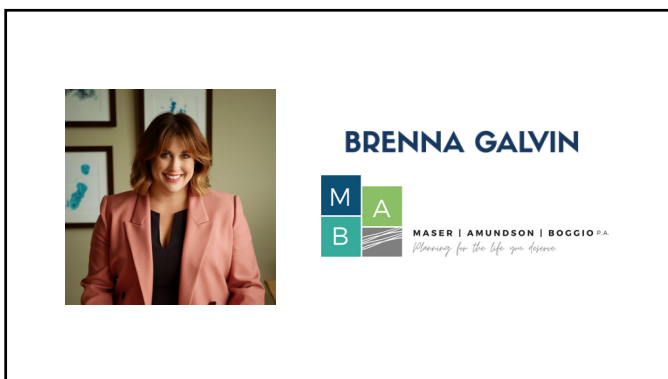




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OBJECTIVES

Gain an understanding of Compassion Fatigue and burnout, including definitions, causes, and common symptoms.

Learn effective coping strategies and self-care techniques to mitigate the impact of Compassion Fatigue and burnout on personal well-being and professional performance.

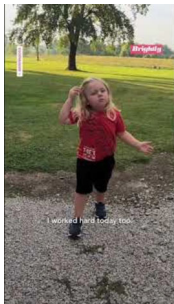
Develop skills to recognize the signs of Compassion Fatigue and burnout in oneself and others, and to implement proactive measures to prevent its onset or alleviate its effects.

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Doctor: Are you getting enough rest?
Me:



5



**CRANKY?
TIRED?
WORK HARD?**

6

Have you ever
LOST SLEEP
NOT EATEN WELL
NEEDED A DRINK
over a client?

7

What is **BURNOUT**?

A state of exhaustion of physical or emotional strength or motivation that is usually a result of prolonged stress or frustration.

| Webster's Dictionary

8

What is **BURNOUT**?

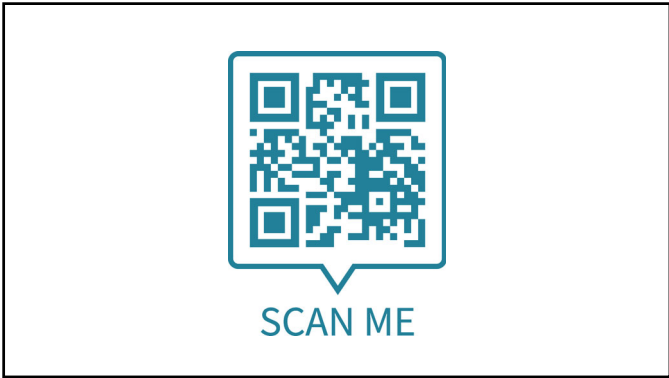
a state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations rather than the specific exposure to the trauma and suffering of a specific client.

Dr. Charles R. Figley

a process which occurs after having too much for too long, while compassion fatigue is the result of individuals that are exposed to trauma and also experiencing burnout.

ProQOL.org

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BURNOUT *Symptoms*

- Exhaustion
- Cynicism
- Reduced Performance
- Detachment
- Irritability
- Forgetfulness
- Physical Issues

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Compassion FATIGUE

the cumulative physical, emotional and psychological effect of exposure to traumatic stories or events when working in a helping capacity, combined with the strain and stress of everyday life.

American Bar Association's
Commission on Lawyer Assistance Programs

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Compassion FATIGUE

a state experienced by those helping people in distress; an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it is traumatizing for the helper.

Dr. Charles R. Figley

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Compassion

FATIGUE vs BUJ2NOUT|

- The negative aspects of helping others
- The "bad" stuff
- Work-related trauma

- Associated with stress and hassles involved in your work
- Cumulative and relatively predictable

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Secondary Traumatic

STRESS DISORDER

emotional distress that results when an individual hears about the firsthand trauma experiences of another.

Secondary trauma resulting from indirect exposure to trauma.

Dr. Charles R. Figley

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Acknowledge
TRAUMA

18

Client Trauma

- Denied or terminated from benefits
- Unsafe or unsanitary living conditions
- Evicted from long-term care facilities
- Devastating losses to personal autonomy

- Sexual and/or physical assault
- Grappling with a terminal diagnosis
- Grieving familial and personal losses
- Restrained physically or medically
- Scammed or financially exploited

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Caregiver Trauma

- Caregivers facing exhaustion and decline in health from the physical, psychological, and emotional demands of caring for loved ones.
- Caregivers navigating whether to continue life support for loved ones.
- Caregivers that are reluctantly acting as the caregiver for abusive spouse or parent.

20

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+

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CF

Secondary Trauma

Burnout

Compassion Fatigue

Center for Victims of Torture

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Compassion

SATISFACTION

the positive aspects of helping including pleasure and satisfaction derived from working in caregiving systems

ProQOL.org

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Compassion

SATISFACTION vs FATIGUE

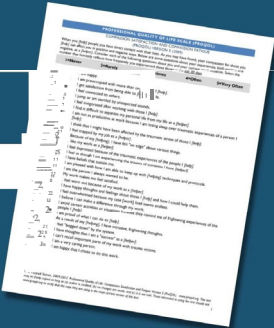
- The positive aspects of helping others
- The "good" stuff
- Pleasure and satisfaction

- The negative aspects of helping others
- The "bad" stuff
- Burnout
- Work-related trauma

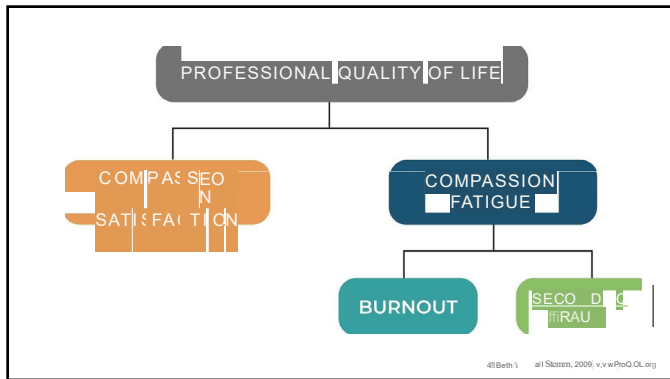
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ProQOL

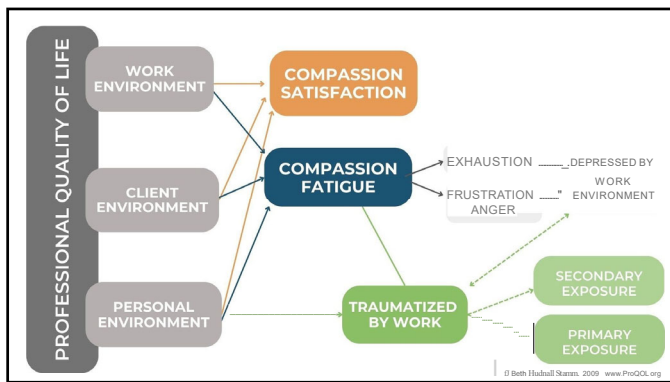
- A free, 30-item self-report to measure the positive and negative aspects of caring.
- Measures both Compassion Fatigue and Compassion Satisfaction.



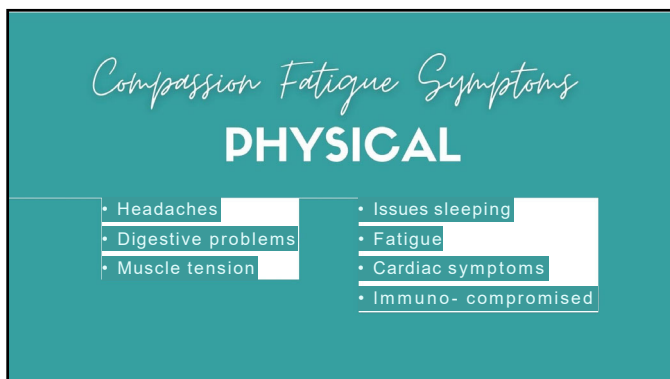
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Compassion Fatigue Symptoms

EMOTIONAL/COGNITIVE

- Mood swings
- Restlessness
- Irritability
- Sensitivity
- Anxiety

- Depression
- Resentment
- Loss of objectivity
- Memory problems/Brain fog

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Compassion Fatigue Symptoms

BEHAVIORAL

- Substance use and abuse
- Isolation
- Increased interpersonal conflict

- Pessimism
- Moodiness
- Hypervigilance

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Compassion Fatigue Symptoms

WORK RELATED

- Avoidance of clients or colleagues
- Dread
- Reduced empathy
- More sick days
- Absenteeism

- Decreased satisfaction
- Decreased ability to serve clients
- Loss of productivity
- Reduced standards of care
- More mistakes in work product
- Feelings of incompetence

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Compassion Fatigue Symptoms

SPIRITUAL

• Questioning life meaning	• Questioning religious
• Loss of purpose	beliefs
• Lack of self- satisfaction	• Loss of faith
• Anger at higher power	• Skepticism

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In you, I see me

CASE STUDY

The Empathetic Trustee

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No Help Coming

CASE STUDY

The Overextended Elder Law Attorney

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