

COMPASSION FATIGUE

TIME TO HEAL AND BUILD RESILIENCY

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That which is
to give light
must endure
burning.

-Victor Frankl





1. Understanding trauma in our bodies
2. Defining Compassion Fatigue
3. Implementing 5 resiliency steps

I've Been Through This



ACEs = Adverse Childhood Experiences

The 3 types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Abuse toward Parent



Substance Abuse



Divorce

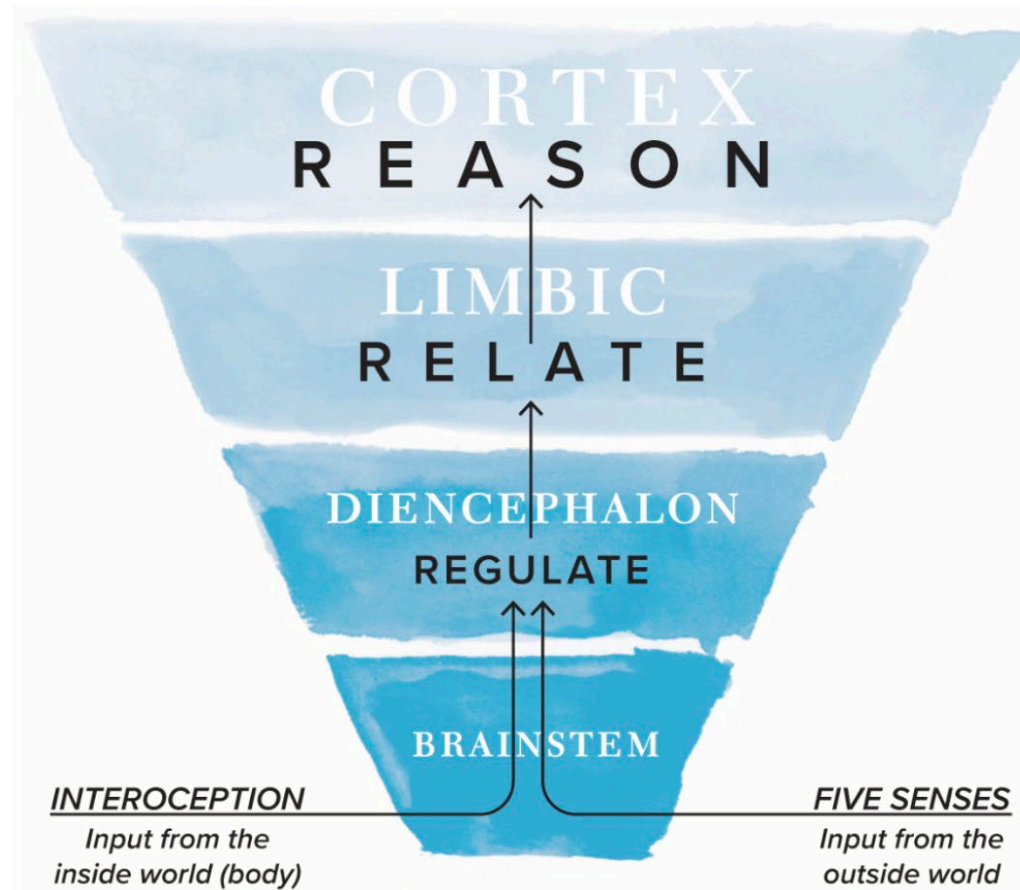
TRAUMA SIMPLIFIED

1. A painful or threatening experience happens
2. The amygdala charges and codes that memory
3. Perceived threat is experienced in similar future contexts



Figure 10

SEQUENCE OF ENGAGEMENT



Our brain is continually getting input from our body (interoception) and the world (five senses). These in-

PERRY'S NEUROSEQUENTIAL MODEL

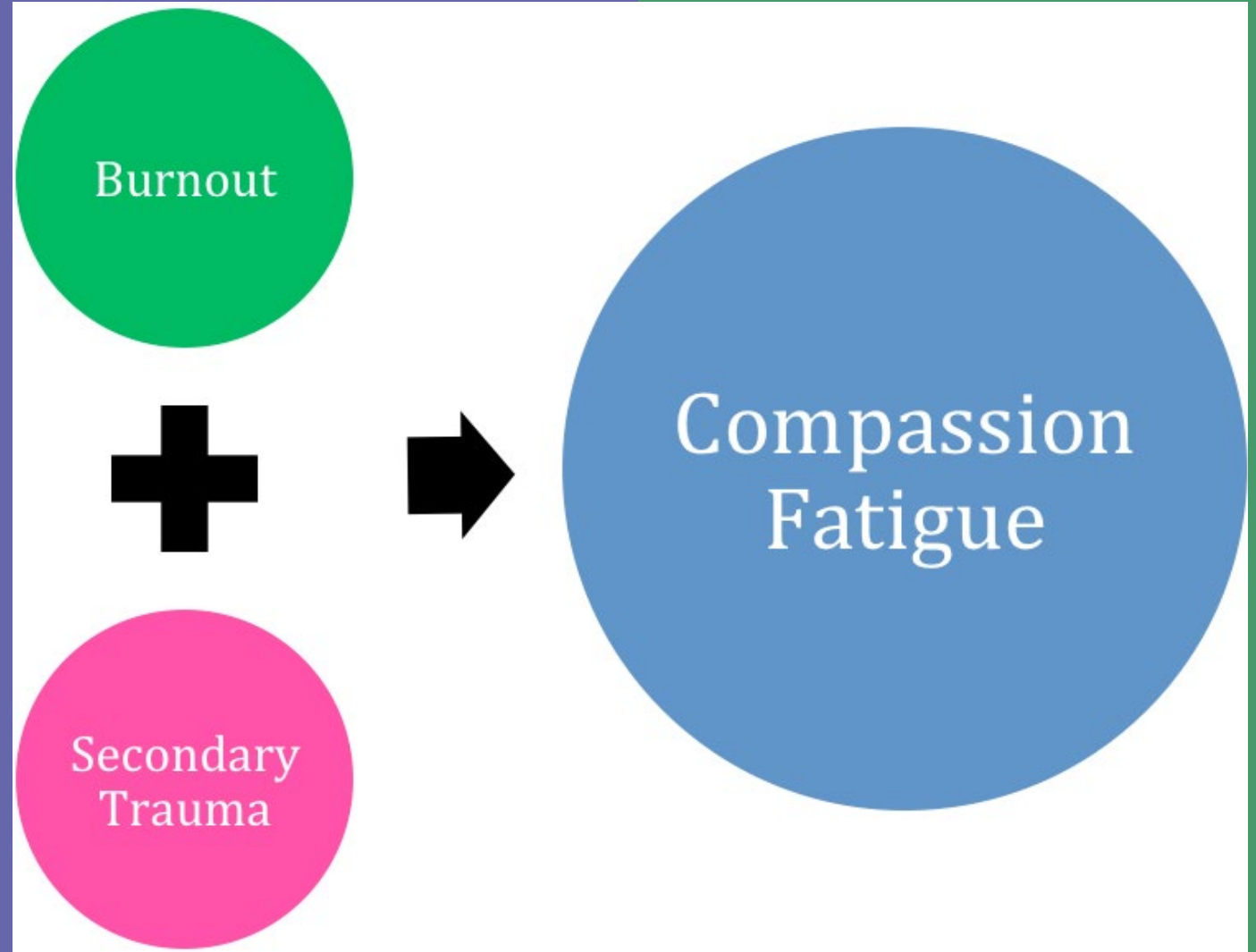
Cortical
Empathy, self-regulation, literacy

Limbic
Emotional Response

Midbrain
Coordination, movement

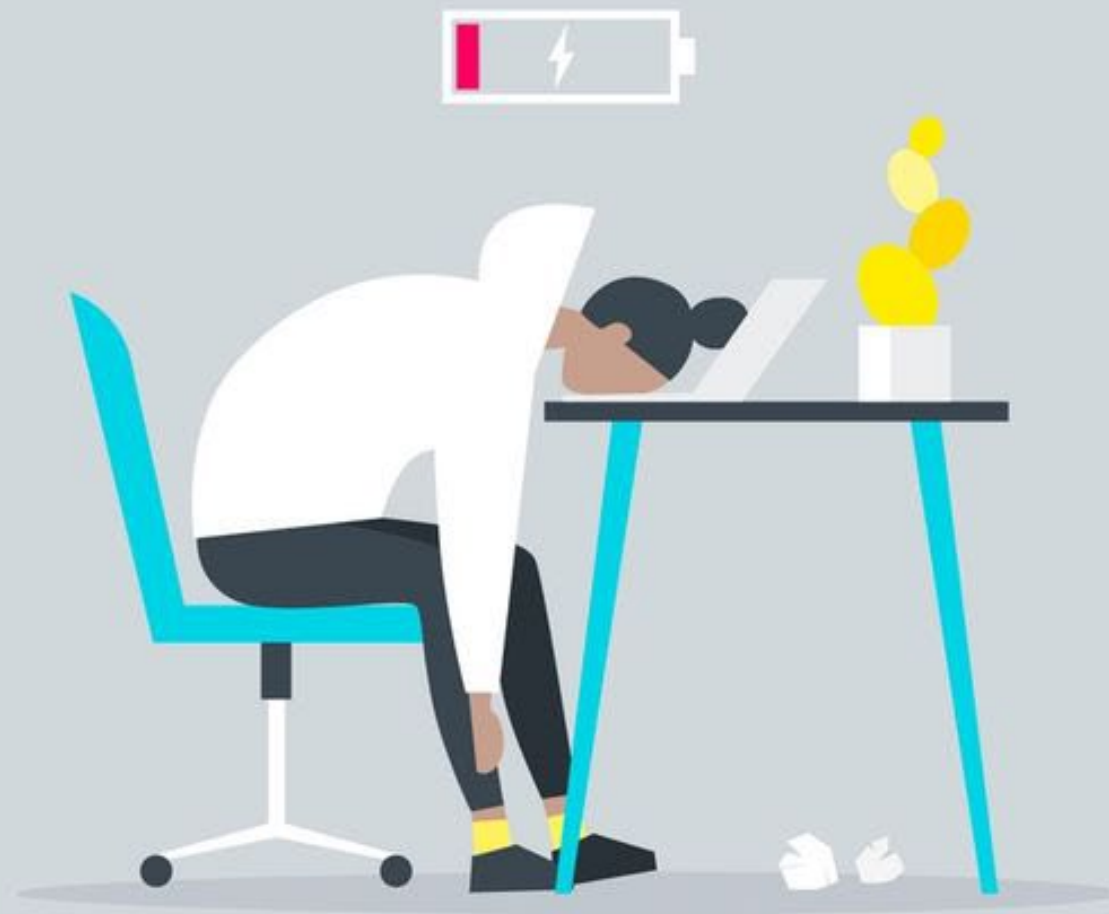
Brainstem
Fight, flight, freeze

WHAT IS COMPASSION FATIGUE



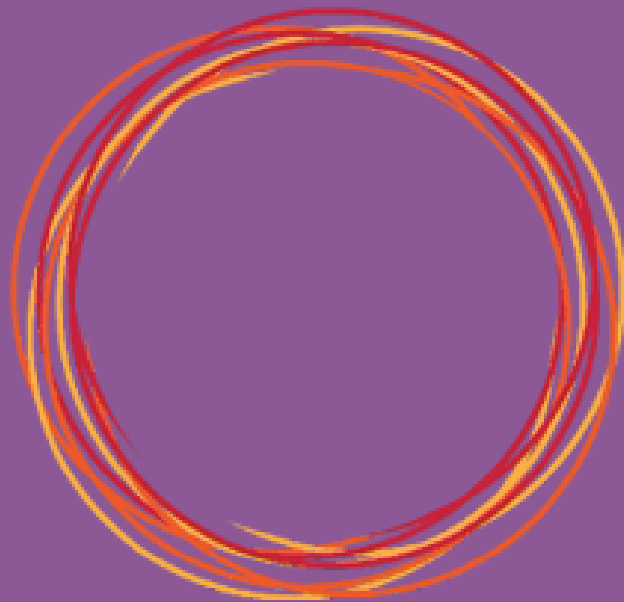
SECONDARY TRAUMATIZATION AND VICARIOUS TRAUMA





BURNOUT

ASSESSING FOR COMPASSION FATIGUE



Pro
QOL



Professional Quality of Life

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE

(PROQOL) VERSION 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

	1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
1.					
2.					
3.					
4.					
5.					
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8.					
9.					
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29.					
30.					

ANY
QUESTIONS?





RESILIENCE SKILLS FOR COMPASSION FATIGUE

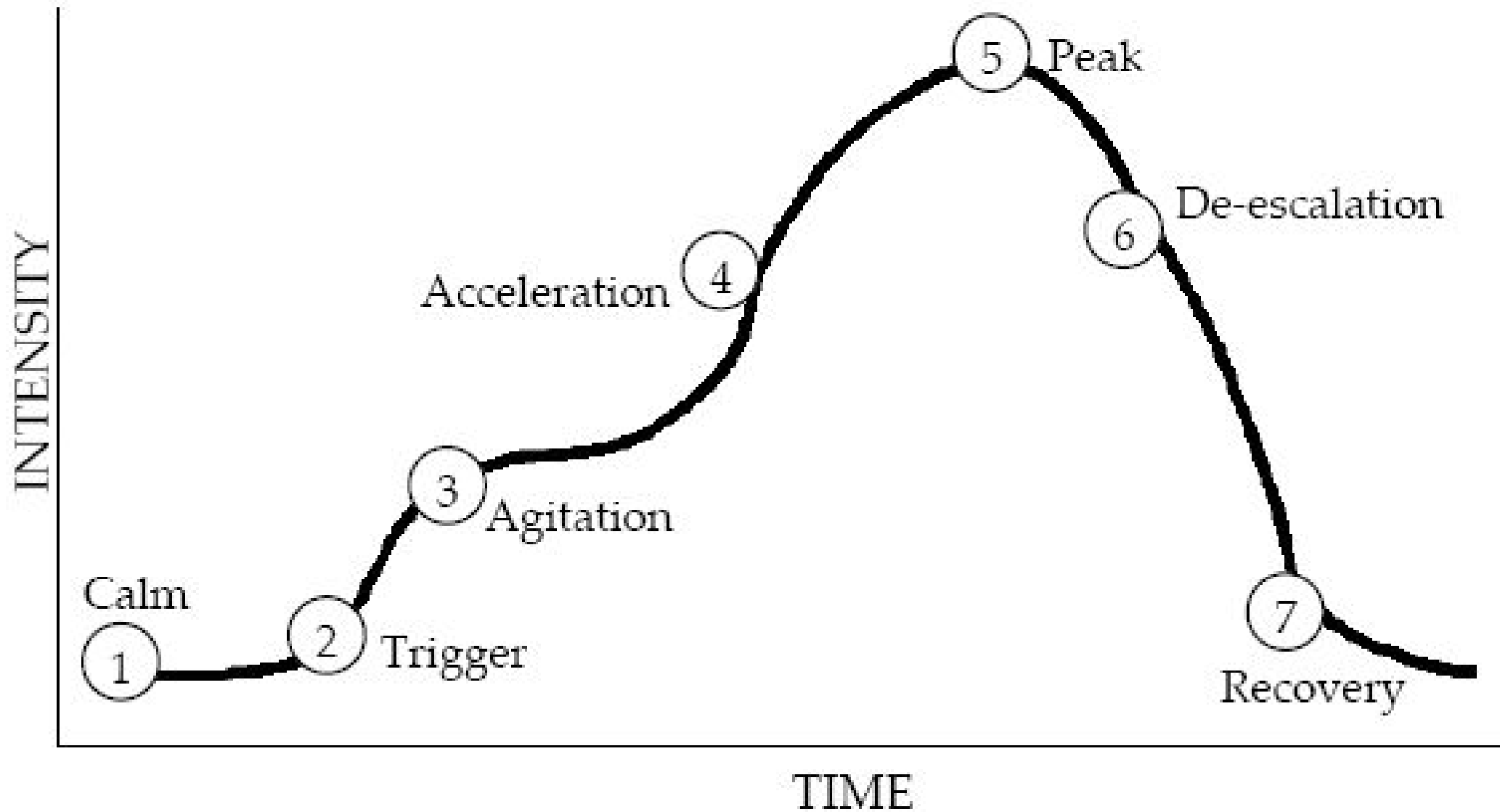


1. Self-Regulation
2. Values
3. Changing The Narrative
4. Connection and Support
5. Self-Care

Self-Regulation



Escalation Cycle



NEUROCEPTION

SELF-
REGULATION
PRACTICE

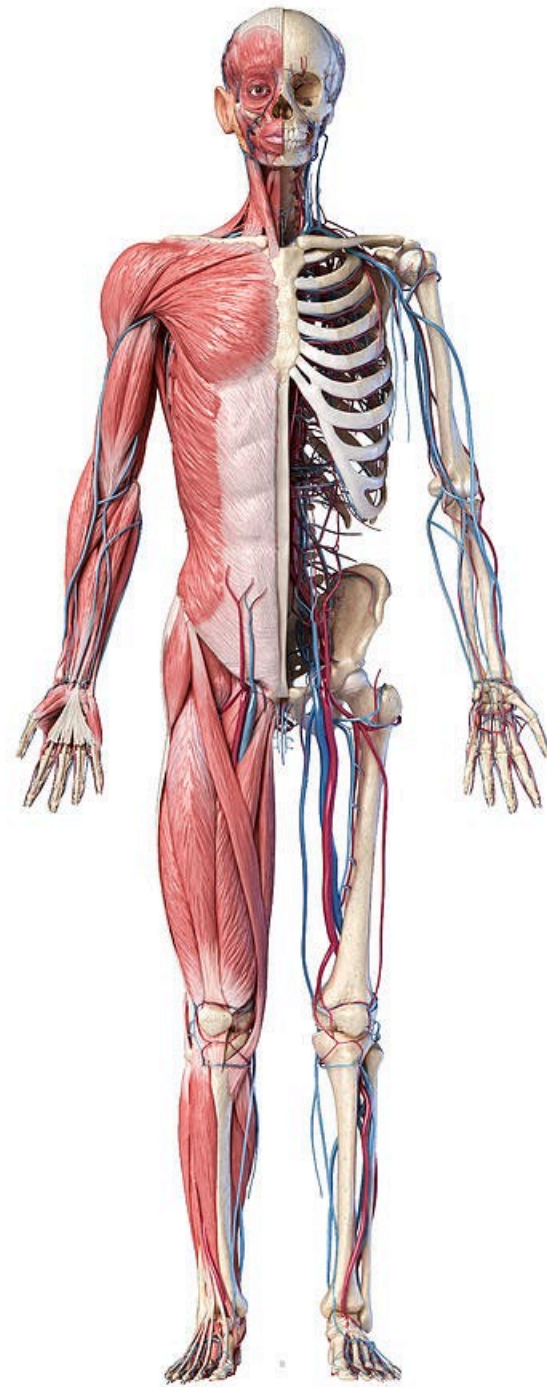


WHY FINDING OUT
**WHAT WORKS
FOR YOU**
IS KEY
to making things last

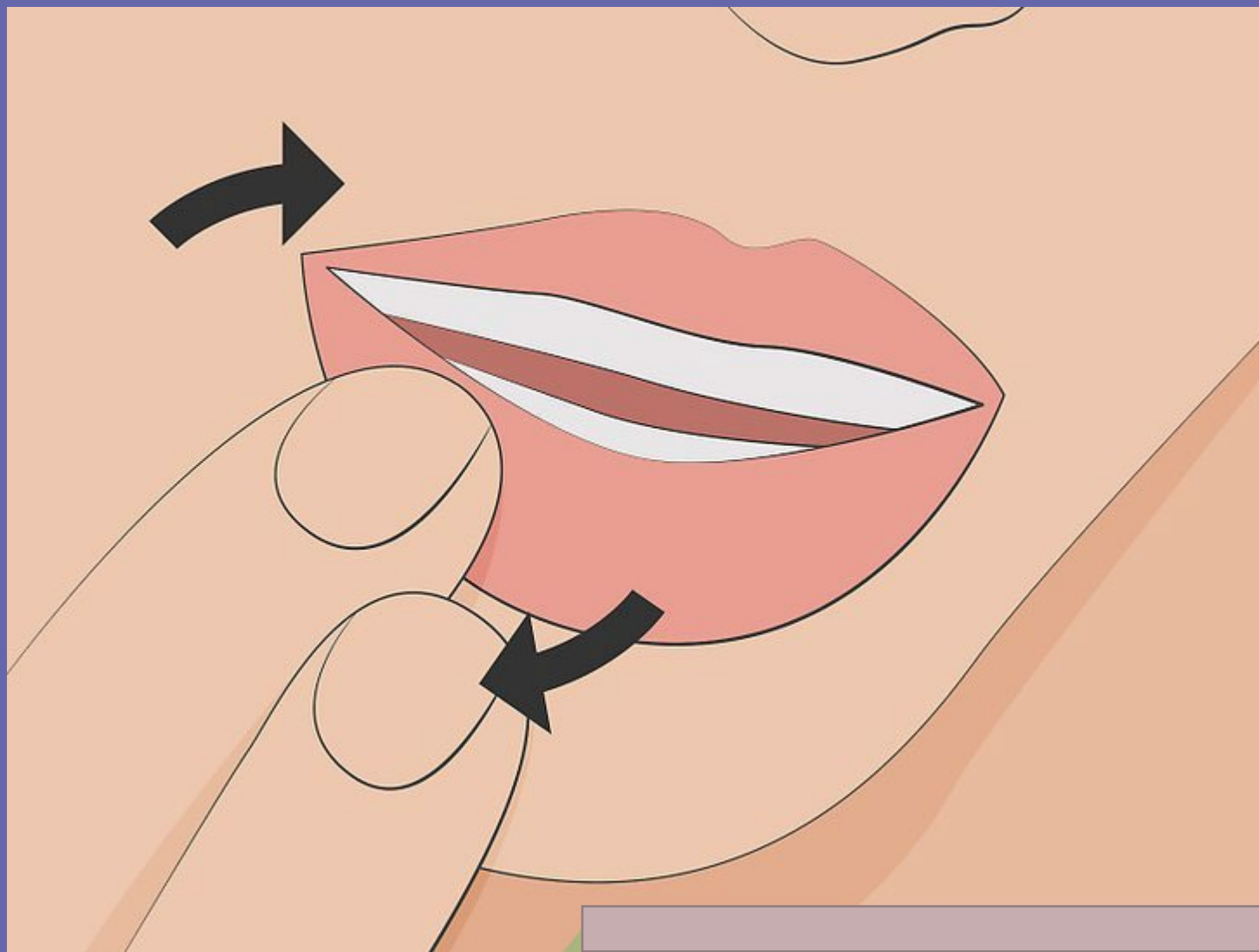
BODY SCAN



Muscular to Skeletal



TOUCH
YOUR
LIP



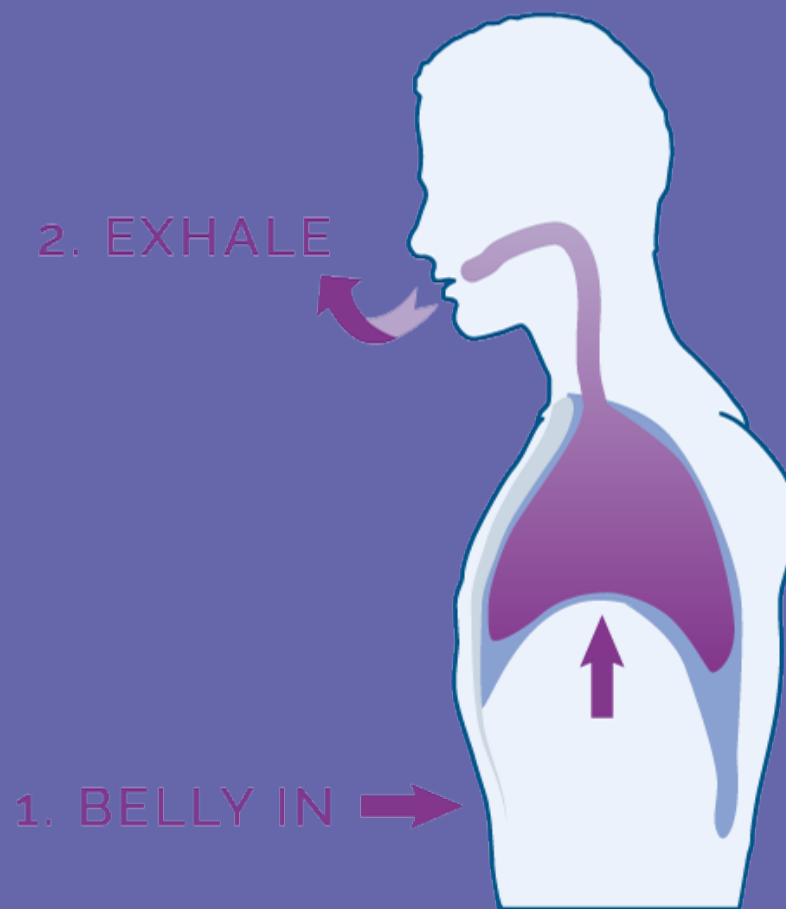
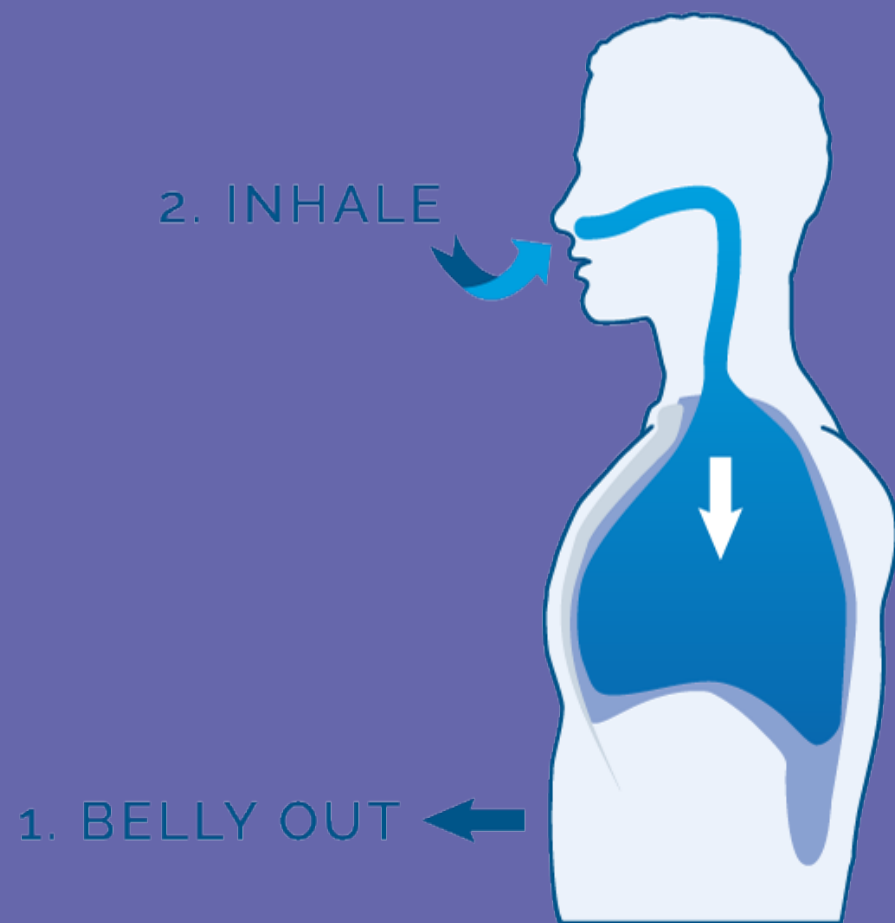
Peripheral Vision



Tapping



DIAPHRAGMATIC BREATHING



work life balance
rules honesty trust
integrity quality service
growth
faith
openness achievement
success
conduct
collaborate
personal growth
consistency
accountability
commitment

Values



List of **VALUES**

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking

Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:



Why Am I Feeling Triggered?

WHAT TRIGGERED ME

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt a lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt like it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt a lack of passion.
22. I felt uncared for.
23. I felt manipulated.

LET'S PUT THIS ALL TOGETHER

Value

Value

Value

Behavior

Behavior

Behavior

Trigger

Trigger

Trigger

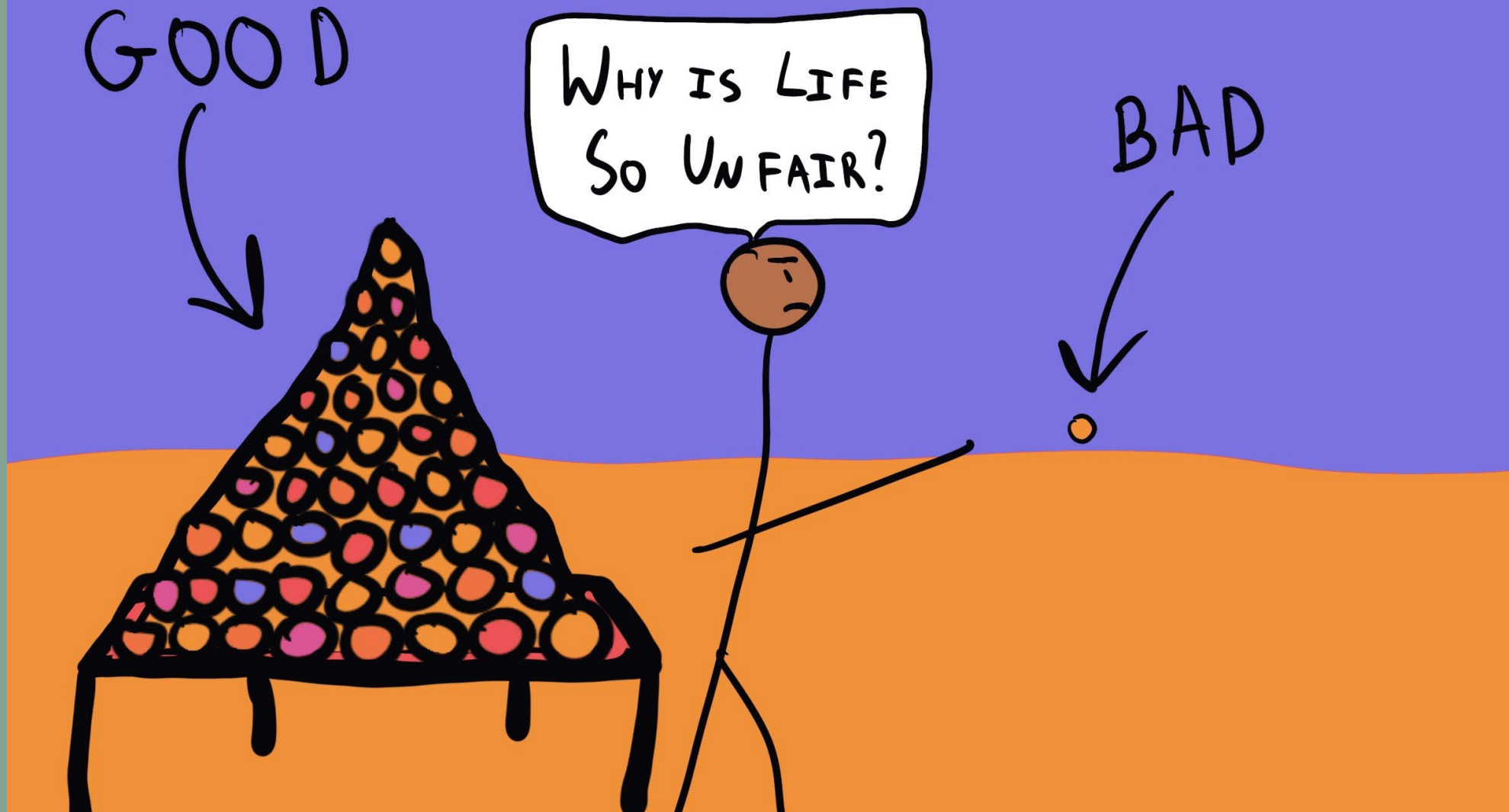
**Self-
Regulation**

**Self-
Regulation**

**Self-
Regulation**

it's time to
change
the
narrative

NEGATIVITY BIAS



**PATH TO PEACE:
CAN'T CONTROL OTHERS**



**YOU CAN ONLY CONTROL YOUR
REACTIONS"**

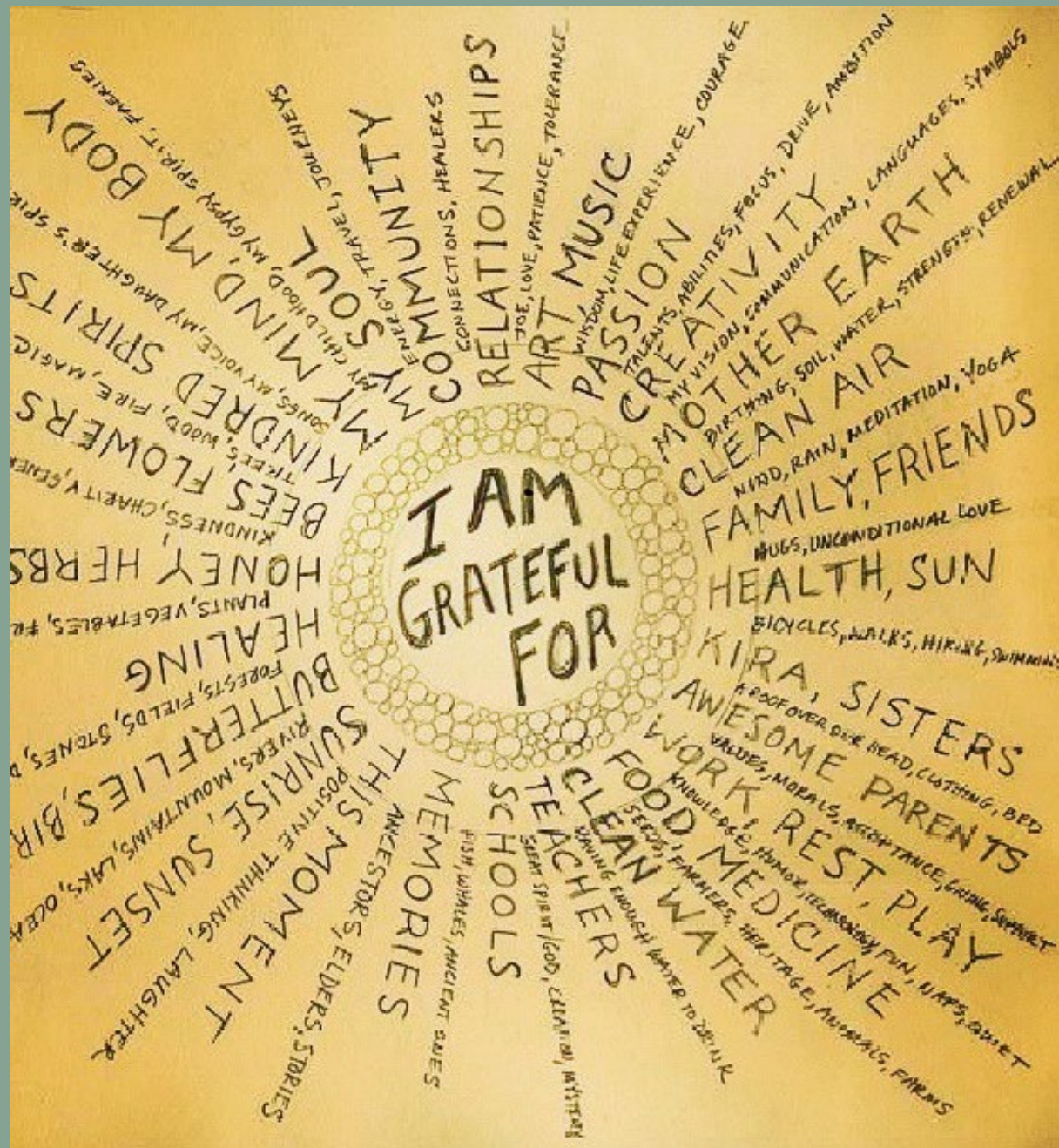
WHERE TO START

5:1

Savor

Notice & Act

Express



BETWEEN STIMULUS
AND RESPONSE
THERE IS A SPACE. IN
THAT SPACE IS OUR
POWER TO CHOOSE
OUR RESPONSE. IN
OUR RESPONSE LIES
OUR GROWTH AND
OUR FREEDOM.
– VICTOR FRANKL



A close-up photograph of several hands of different skin tones stacked together in a circular formation, symbolizing unity, teamwork, and connection. The hands are positioned in the center of the frame, with fingers pointing outwards. The lighting is warm and soft, creating a sense of intimacy and shared purpose. The background is blurred, focusing attention on the hands.

CONNECTION

VULNERABILITY

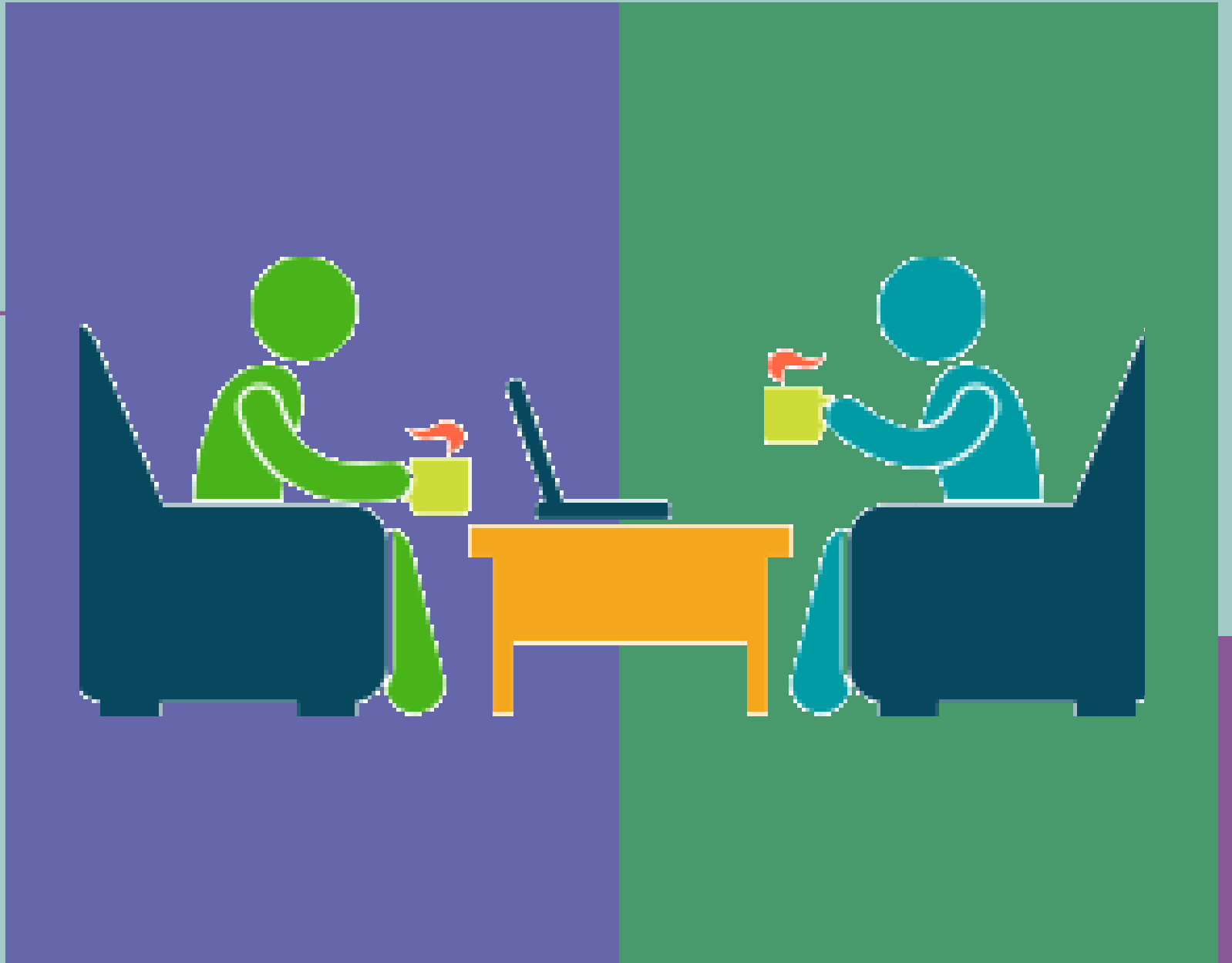
- UNCERTAINTY
- RISK
- EMOTIONAL
EXPOSURE

Vulnerability
is our most accurate
measurement of
courage.

-Brene Brown

FIRST,
VULNERABILITY

SECOND, FIND
YOUR PERSON



RESILIENT CONNECTION



1. Allow sharing of trauma narrative



2. Discuss your work



3. Accountability



4. Empower discussion when behavioral changes are noticed.



S
E
L
F
C
A
R
E

3 Central Aspects To Self-Care

Awareness

Balance

Connection



PHYSICAL SELF- CARE



SPIRITUAL SELF-CARE



THANKS FOR COMING! QUESTIONS?



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