

Compassion fatigue

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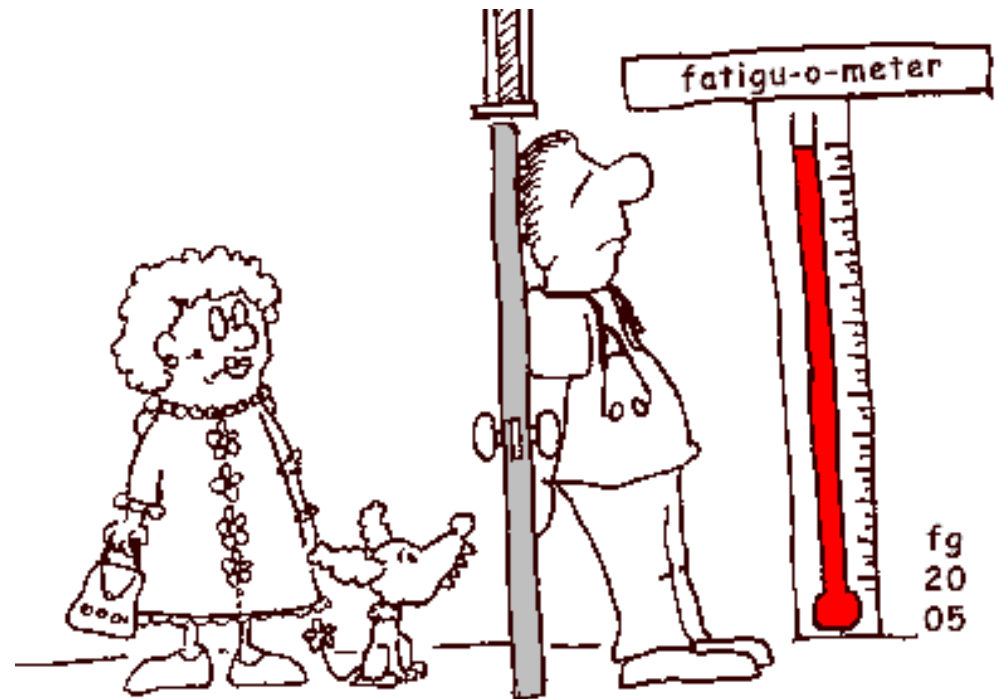
Summary of contents

- What is Compassion Fatigue?
- Who are vulnerable to CF?
- Does CF has a cost?
- Development of CF
- The process of CF
- How can I recognize CF?
- CF during emergencies
- How can I manage CF?

There is a cost to caring...

What is Compassion Fatigue?

- Emotional residue of working with the suffering.



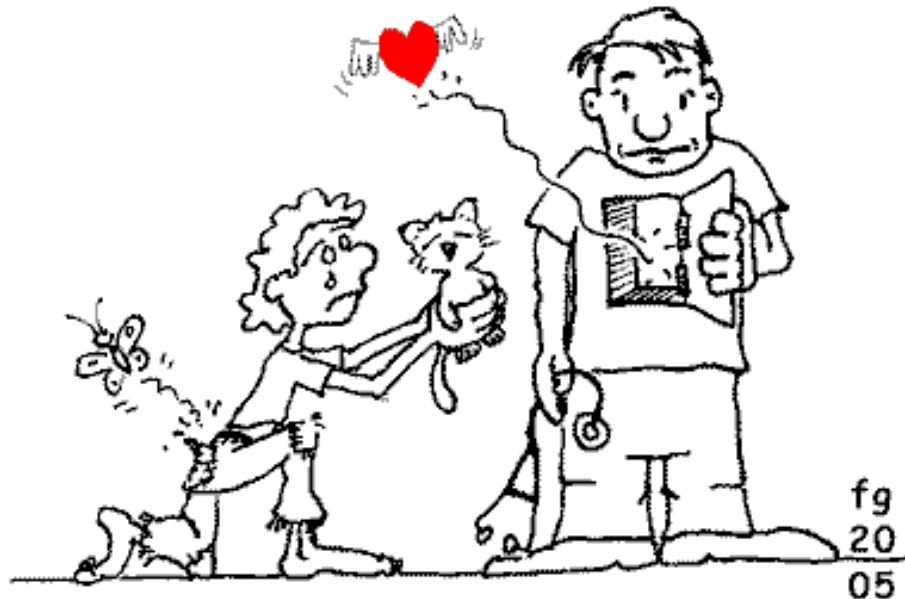
http://www.vetsurgeonsboardwa.au.com/0503_02Cartoons.html

WSPA

World Society for the Protection of Animals

Who are vulnerable to CF?

- People who work with victims (animals or humans).
- Contend the normal stress or dissatisfaction of work.
- Also contend with the emotional and personal feelings for the suffering.



http://www.vetsurgeonsboardwa.au.com/0503_02Cartoons.html

Does CF has a cost?

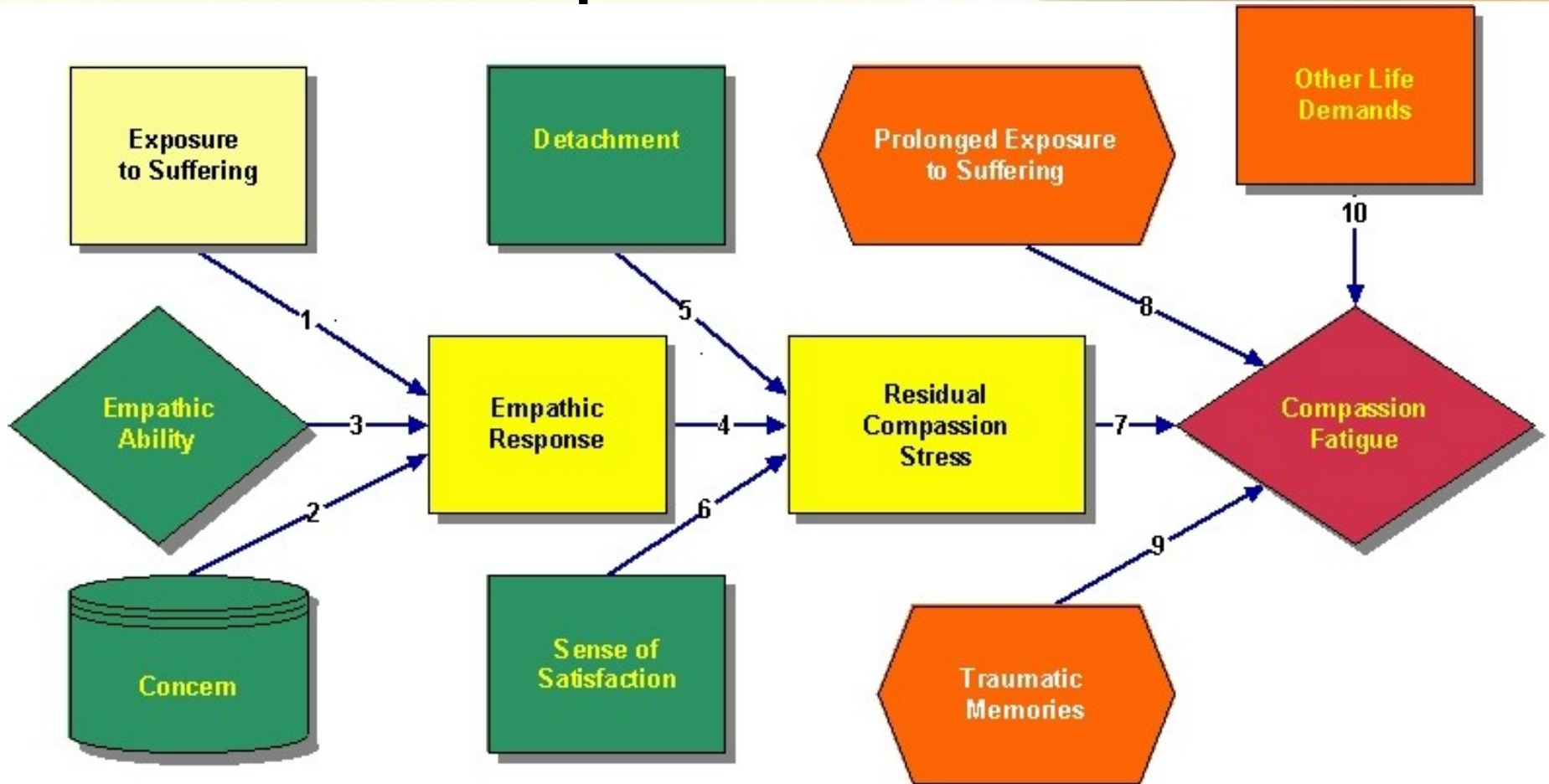
- Job performance goes down, mistakes go up.
- Morale drops and personal relationships are affected.
- Peoples home lives start to deteriorate
- Personality deteriorates and eventually it can lead to overall decline in general health.

Development of CF

- Compassion satisfaction
 - Derived from helping others
- Anxiety
 - Distress about future uncertainties
- Stress
 - Condition as a result of threat of danger
- Burnout
 - Exhaustion due to too much pressure
- Compassion fatigue
 - State of severe tension manifested in several ways

*Taken and adapted from:
Roop, R. Combating compassion fatigue. NCAD HSUS. 2004*

The process of CF



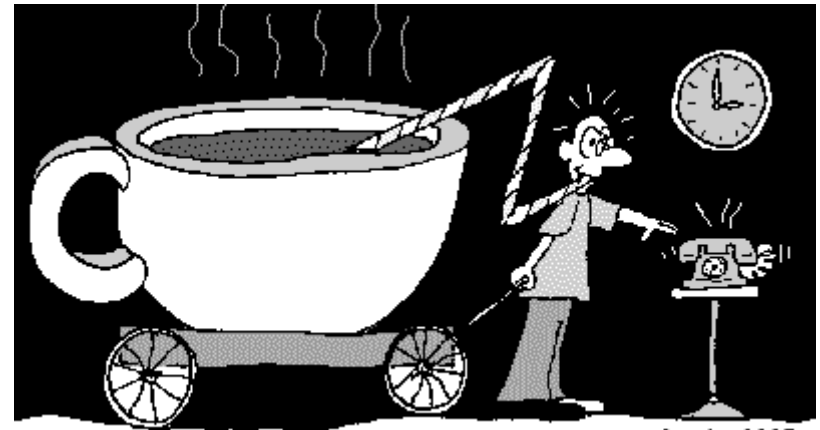
Figley, 2001

CF during emergencies

- Initial satisfaction of helping others
- Overwhelming routine
- Psychological distress
- Sensation of useless work
- Burnout
- Explosive or implosive reactions

How can I recognize CF?

- Intrusive symptoms
 - Inability to “let go”
 - Compulsive desire to help others
- Avoidance symptoms
 - Silencing response
 - Isolation
- Arousal symptoms
 - Increased anxiety
 - Increased frustration anger



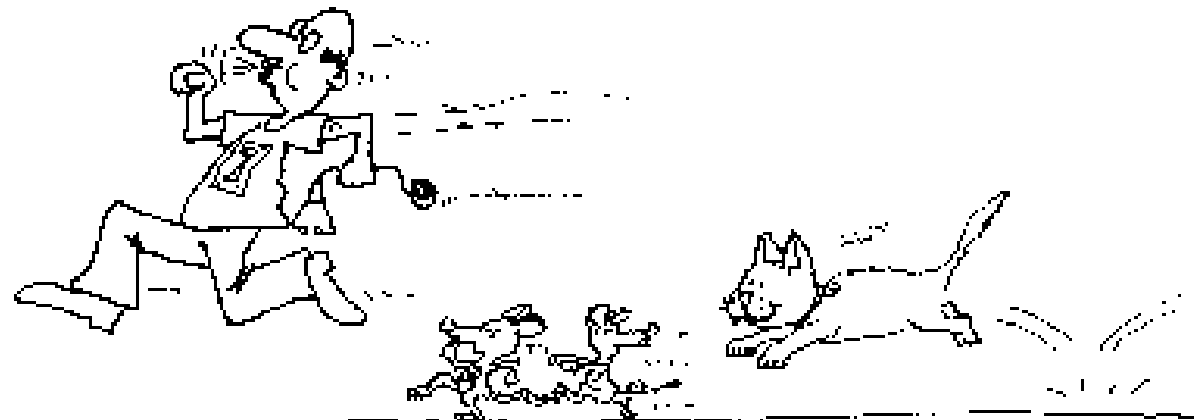
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How can I manage CF?

- Self management
- Exercise
- Relaxation
- Time & Role management
- Hardiness
- Resiliency



why not be the cat in the rat race?

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Questions?