

Compassion Fatigue

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Padfield (2016):

“...it is widely accepted that prolonged exposure to – and immersion in – stories of severe trauma renders one vulnerable to secondary trauma, emotional fatigue and an eventual defensive disengagement (Eagle, Haynes, & Long, 2007; Kanter, 2007 in Padfield, 2013).”

Compassion Fatigue

Figley's Insights on Empathy

- Compassion fatigue/Secondary Traumatic Stress/Vicarious Trauma

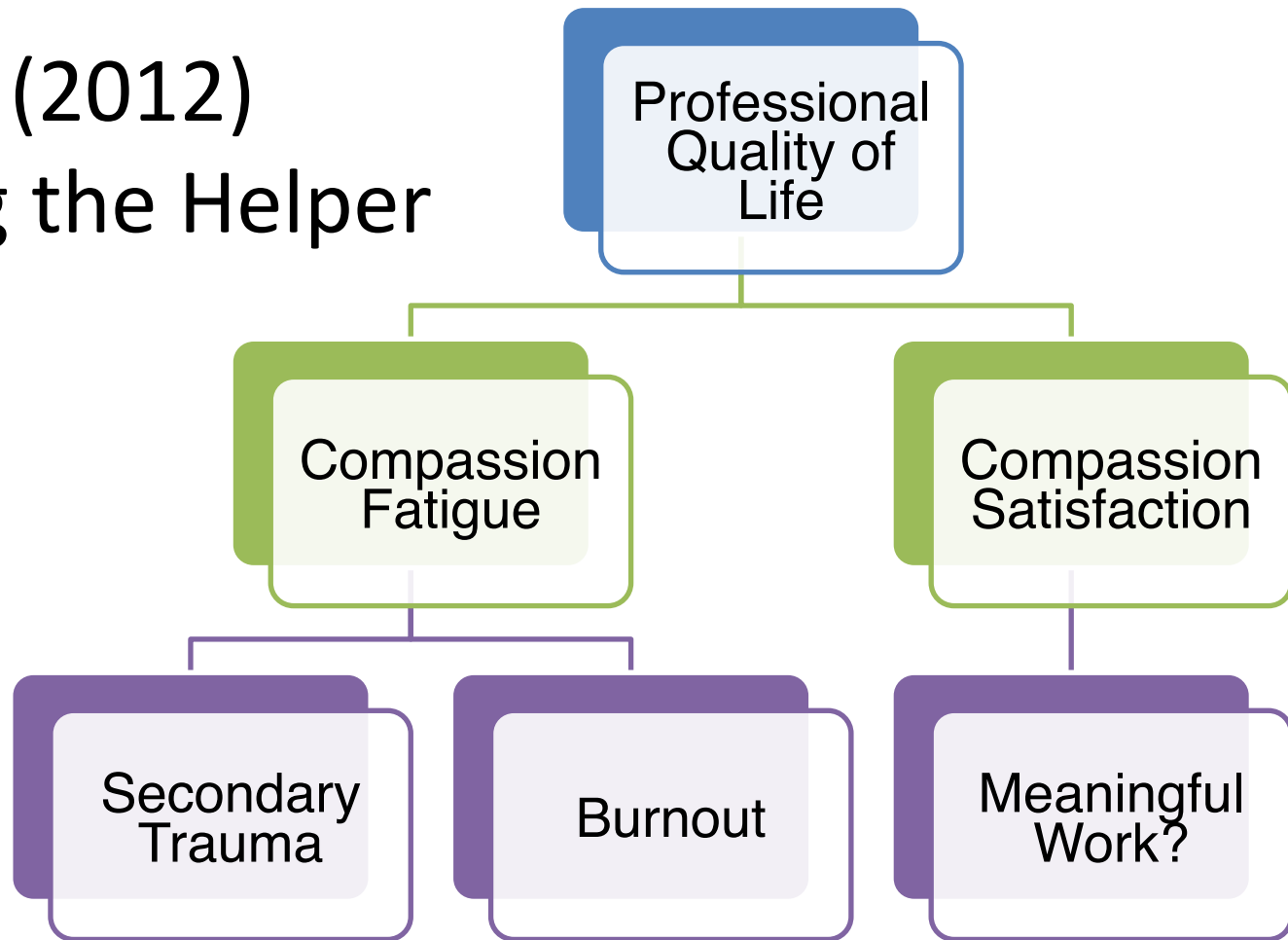


The paradox

- “Compassionate work appears paradoxical as it may provide great rewards, but may also come at great costs to care providers ... what interactions contribute to compassion satisfaction and what interactions contribute to compassion fatigue.” (Polachek and Wallace, 2017)

Stamm (2012)

Helping the Helper



PTS(D)

A normal reaction to an abnormal situation

- Intrusion
- Avoidance
- Depression and Numbing
- Autonomic Hyper arousal

Saakvitne and Pearlman (1996) : The ABC of Self Care:

Caring for the Carer (Huggard, 2017)

A = Awareness of where we are at

B = Balance between work, play and rest

C = Connection to oneself, to others, to
something larger

Awareness: love and work and play?



Awareness: Self report scale: Figley (1995 & 2007)

1. I force myself to avoid certain thoughts or feelings; activities or situations that remind me of a frightening experience.
2. I have gaps in my memory about frightening events.
3. I feel isolated from others.
4. I have difficulty falling or staying asleep.
5. I have outbursts of anger or irritability with little provocation.
6. I startle easily.

Awareness: Self report scale: Figley (1995 & 2007)

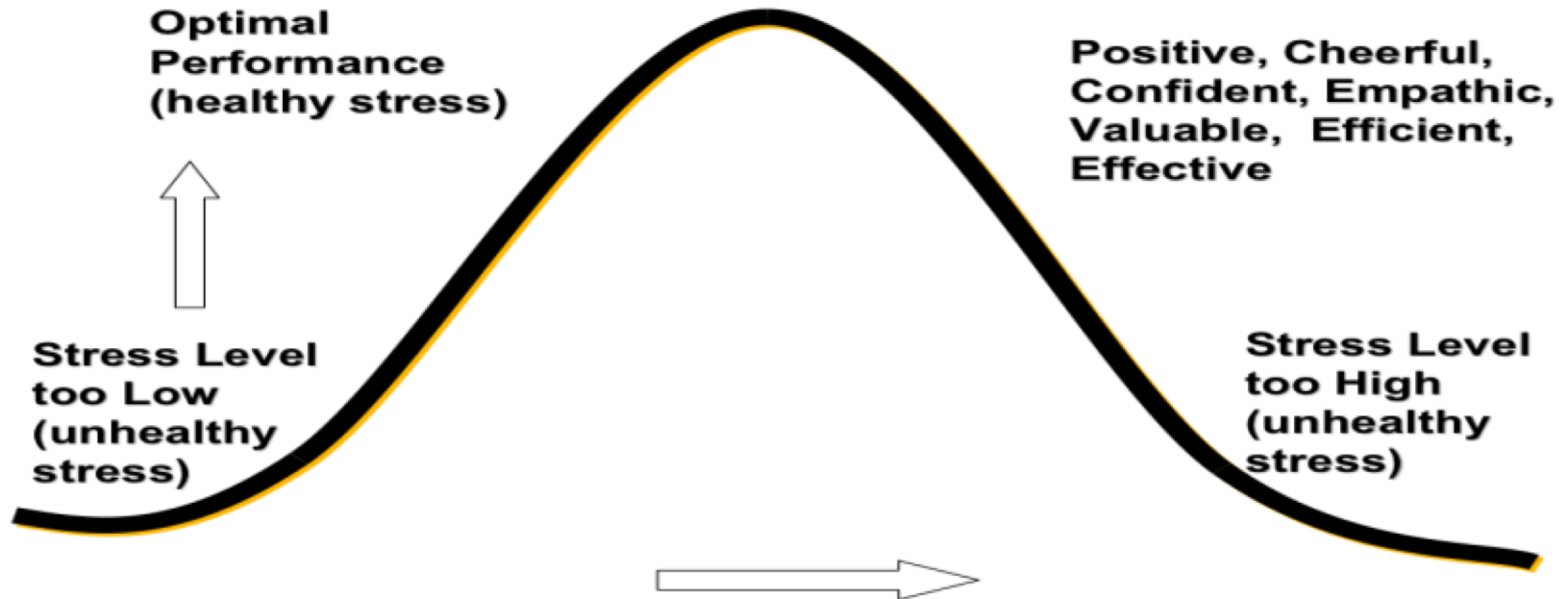
7. While caring for a victim I thought about violence against the perpetrator.
8. I have had flashbacks connected to my clients.
9. I have had first-hand experience with traumatic events in my adulthood. Or childhood.
10. I have thought that I need to work through" a traumatic experience in my life.
11. I am frightened of things a client has said or done to me.
12. I experience troubling dreams about my work

Awareness: Self report scale: Figley (1995 & 2007)

- 13. I have experienced intrusive thoughts after working with especially difficult clients
- 14. I am losing sleep over a client's traumatic experiences.
- 15. I remind myself to be less concerned about the well-being of my clients
- 16. I have felt trapped by my work
- 17. have felt a sense of hopelessness associated with working with clients
- 18. I have been in danger working with clients/ patients.

Balance: Work-Life Integration: The inverted u-curve

Stress and Performance





Connection



Connection



Figley's pathways to care

1. Resiliency Skills
2. Self-management and Self-care
3. Connection with Others
4. Skills Acquisition
5. Conflict Resolution



Wits Trauma Model

- Telling and retelling the story
- Normalising the symptoms
- Addressing self blame and survivor guilt
- Encouraging mastery
- Facilitating meaning

Rogers

- Warmth
- Empathy
- Respect
- Congruence
- Unconditional positive regard

Thank You