



CIHE
UA

CONTROVERSIAL ISSUES IN HIGHER EDUCATION

The Chronic Cloud of Caring

When Compassion becomes Fatigue

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Objectives

- To describe definitions for compassion fatigue, burnout, and compassion satisfaction
- To learn underlying causes of compassion fatigue
- To identify compassion fatigue symptoms
- To learn of a self assessment tool for compassion fatigue and burnout
- To learn methods to promote resiliency, self care, and access resources for prevention and resolution of compassion fatigue

Professional Quality of Life Scale

- Designed for professions that interface with clients, patients, and customers (the language is centered around how we “help” others)
- Self administered
- 30 questions
- Scored 1 to 5 (1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Very Often)
- Be honest
- Results give a great picture of your compassion satisfaction, burnout, and secondary traumatic stress

Professional Quality of Life Scale

Compassion Satisfaction can exist even when experiencing Burnout or Secondary Trauma

Compassion Fatigue can result in Burnout or Secondary Trauma

Vocabulary

Compassion Satisfaction

Positive aspects of working as a “helper”

Compassion Fatigue

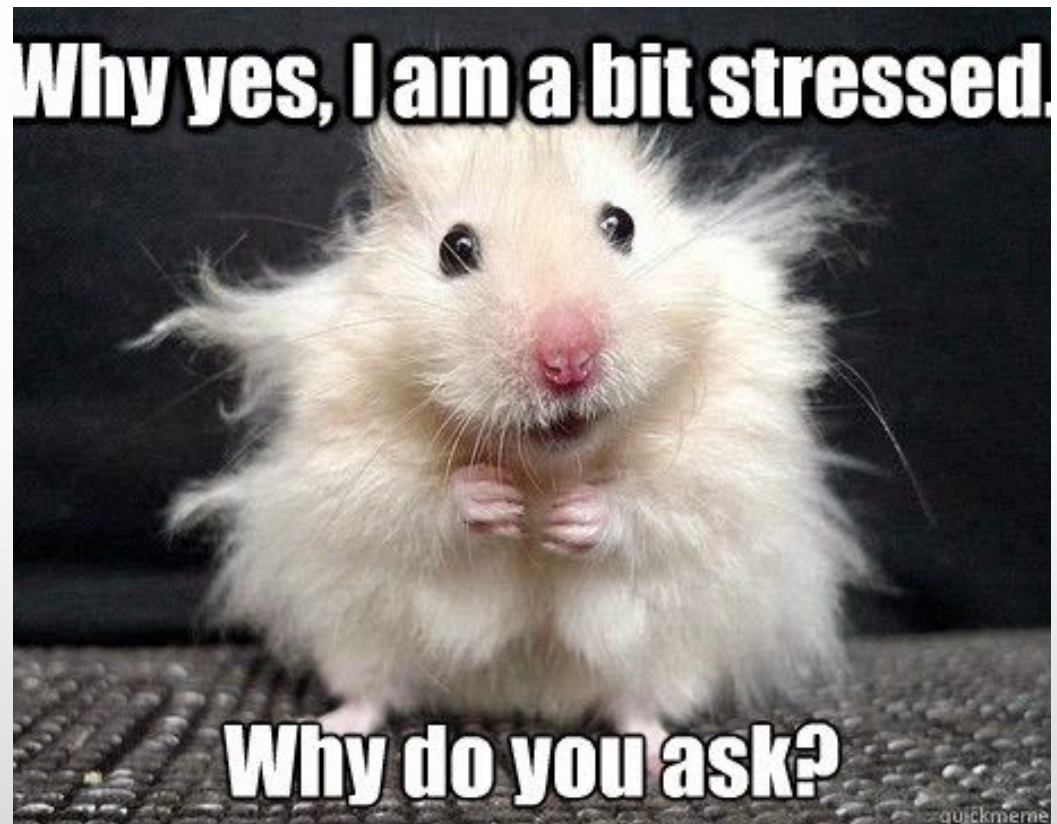
Negative aspects of working as a helper

Burnout

Inefficacy and feeling overwhelmed

Work related traumatic stress

First or second hand exposure to events that threaten safety or security



Tapping into Compassion Satisfaction

- Providing care
- Effective/Functional systems
- Work with colleagues
- Beliefs about self
- Altruism

Compassion Fatigue

- Re-experiencing the traumatic events
- Numbing or avoiding reminders of traumatic events
- Hypervigilance aka persistent arousal
- Feeling ineffectual combined with effects of cumulative stress

Burnout and Secondary Traumatic Stress

Burnout

Feelings of hopelessness or helplessness as it relates to the work/school environment

Secondary Traumatic Stress

Exposure to extremely or traumatically stressful events

Both share negative affect

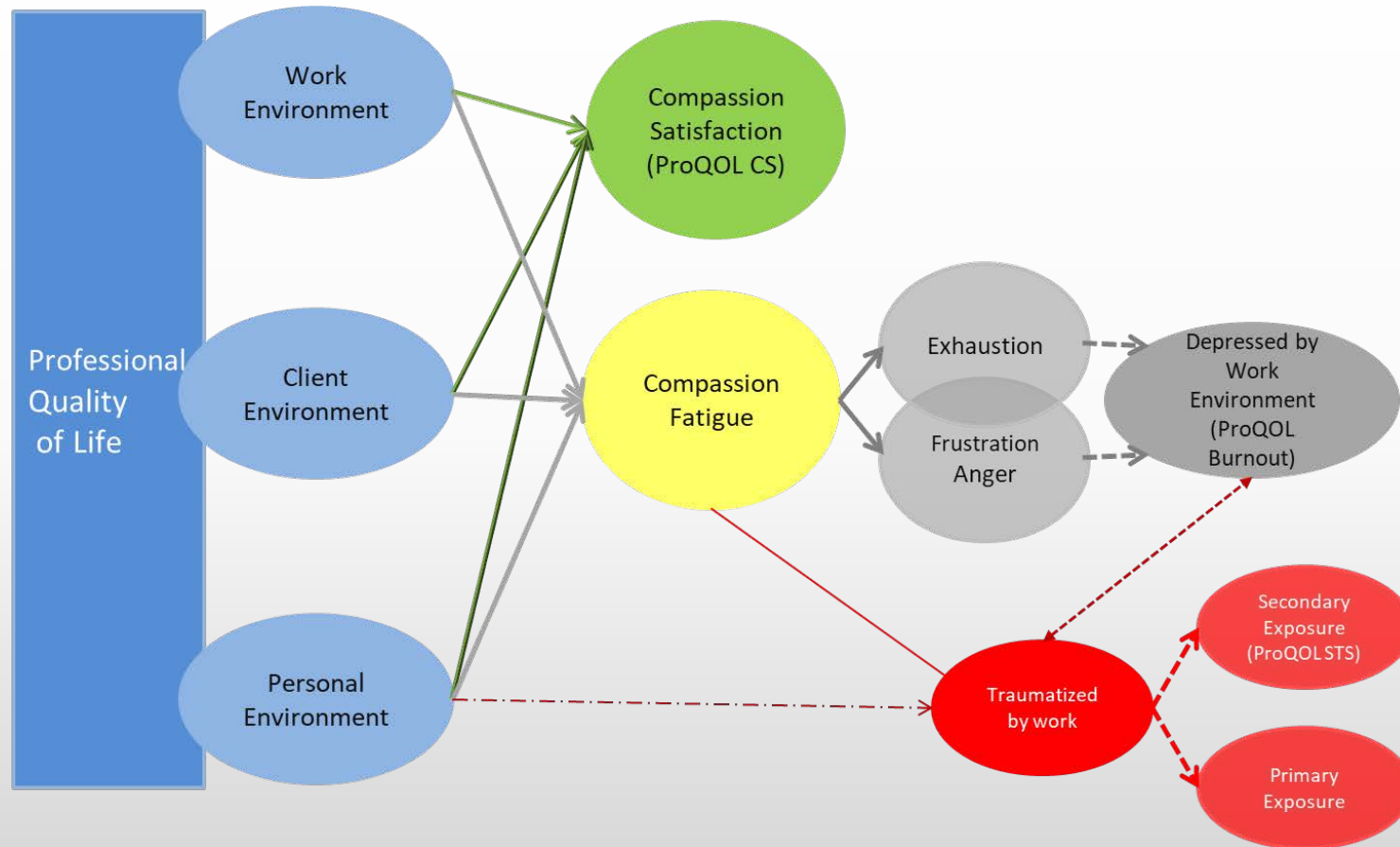
Burnout is about being worn out

Secondary Traumatic Stress is about being afraid

About a Nurse



*“Frank just up and exploded.
I hope I never get that burned
out.”*



Complex Relationships

- Altruism Compassion Satisfaction can override Compassion Fatigue
- Compassion Fatigue's interplay
 - Burnout=worn out (fairly common)
 - Secondary Traumatic Stress=afraid or traumatized (rare but powerful)
- Multiple spheres
 - Work environment
 - Relationships with the people to whom you provide services
 - Personal environment

People Bring Themselves

- We all bring a past and a present to anything we do
 - Schemas and beliefs
 - Stigmas
 - Social support systems
 - Positive support
 - Negative support
 - History of trauma and illness
 - Families and close friends
 - Economic situation

Prevention

Self-awareness

Self-care

Social support
networks

Maintaining a dynamic
(balanced) life

Professional support
network

Vacation



Functional Presentation

- Avoidance
- Irritability
- Explosive anger/sudden sadness
- Overwhelming feelings of sadness or helplessness
- Apathy

Impact

Financial

Personal
relationships

Professional
relationships

Reputation

**I AM PRESENTLY
EXPERIENCING LIFE
AT A RATE OF SEVERAL
WTF'S PER HOUR**

Recovery

- Vacation/Leave-of-absence
- Professional support
- Self-care
- “flow” activities
- Life inventory
 - Breaking bad habits and cultivating healthy habits

Evidence Based Practices

- Meditation
- Exercise
- Sleep
- Nature
- Breath work

Metta Meditation

- I wish for myself to experience lovingkindness
 - I wish for myself to be well
 - I wish for myself to be peaceful and at ease
 - I wish for myself joyous
-
- Wash, rinse, repeat for 1. Someone you who brings you great joy 2. Someone who brings you great frustration/anger/sadness 3. An acquaintance 4. Your city, state, country, or the world

Breath Work

- Deep breathing
- Balanced breathing
- Energizing breath
- Cardiac Coherence

Questions and Contributions

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