

Compassion Fatigue

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Self-Care and Prevention of Burnout and Secondary Trauma

“Trauma is an inescapably stressful event that overwhelms people’s coping mechanisms.”

Dr. Bessel van der Kolk

Goal: To give participants a time and place to explore their own risk and protective factors and identify further self-care strategies.

Providers: Who we are

***Compassion Fatigue or
Secondary Trauma Stress
Syndrome Definition:***

Burnout: depletion of our resources,
both physical and psychological,
caused by our desire to achieve certain
standards and expectations that are
often impossible to humanly achieve.

Red Flags

Long term Effects of Compassion Fatigue

Protective Factors

Strategies to foster resiliency and ameliorate risk

Resources

- Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma by Babette Rothschild
- Guided Imagery For Stress Reduction by Belleruth Napartsek on YouTube(10 minutes)
- Yoga Nidra by Tripura Yoga on YouTube
- Self-compassion.org by Dr. Kristin Neff
- www.figleyinstitute.com
- Emdr.com
- Emdria.org

www.proqol.org for the Professional Quality of

*“To keep a lamp burning, we have to keep
putting oil in it.” Mother Theresa*