

# Caring Safely Module 10

## Assignment #1

# Before You Begin!

Please review modules 10-1 and 10-2 before beginning this assignment.

# Research

Compile the information on the core concepts of compassion fatigue and build your evidence bank as an expert.

Gather information from Caring Safely modules 1-6 and additional research, which we will discuss in Modules 10-1 and 10-2.

Compassion Fatigue Concepts - Research

Concepts	Definition	Reference
Compassion		
Compassion Fatigue		
Compassion Satisfaction		
Emotional Contagion		
Empathy		
Conscious Empathy		
Unconscious Empathy		
Vicarious Trauma		

# Concepts

- Compassion, Compassion Fatigue, Compassion Satisfaction
- Emotional contagion, empathy, conscious empathy, unconscious empathy
- Vicarious trauma, vicarious posttraumatic growth, burnout
- Zealot, irritability, withdrawal, zombie, burnout, renewal/maturation.
- Sustainable caring
- Resilience
- ACEs, trauma informed care
- Change process
- Other concepts (perhaps specific to your niche)

# Being an Expert

- Expert: “a person who has a comprehensive and authoritative knowledge of or skill in a particular area”
- The more comfortable you are in understanding and explaining these concepts, the more confident you’ll feel teaching others.
- This is foundational for creating content in module 11.

# Submitting Your Assignment

- The handout for this assignment is in a Microsoft Word document.
- You can add your definitions and references into this document or into a different format.
- Once completed, you can email the attachment to me at [Charlene@charlenerichardsw.com](mailto:Charlene@charlenerichardsw.com) Please send me your assignment in a word document – even if not in this format.
- This is a fluid process – do NOT feel you need to have your perfect definition at this point, set in stone. You can change it in the future and may do so in module 11.