

## Compassion Satisfaction/Fatigue Timeline

Positive/Helpful Life, Education, Career Events	Date	Adverse/Difficult Life, Education, Career Events	Phase
<p>Started BSW – Excited about helping women and children who had experienced violence</p> <p>First internship at Women’s Shelter – excited as this was exactly what I wanted</p> <p>Graduation BSW and acceptance into advanced standing MSW.</p> <p>Great clinical supervisor. Focused on CBT. Learned a lot about trauma work and gained much experience/confidence.</p> <p>Sudden move – much reduction in stress, able to</p>	2001	Legal Assistant – Exposure to graphic details of trauma. Victim’s Bill of Rights – Desire to become a victim service worker.	High sxs of vicarious trauma.
	2003	Transcription work – criminal and family court – graphic details of trauma.	Zealot with sxs of VT
	2005	Job at women’s shelter – shift work, while full time school. Ongoing trauma exposure, no trauma training, minimal supervision. Regular exposure to graphic details of trauma. No awareness of compassion fatigue or vicarious trauma. High stress in personal life – workload/finances/relationships.	Zealot to Zombie over 2 years.
	2007	<p>Cross country move. Didn’t know anyone. Away from all family/friends. Grief.</p> <p>Grad school, heavy schedule, 8-month internship</p> <p>Roommate conflict – no sleep, high stress, increase in anxiety.</p> <p>Very high GAD and developed Panic Disorder</p>	Irritability to Burnout over 4 months.

<p>sleep. Began recovery from Panic Disorder.</p>	<p>Jan 2008</p>		
<p>Cross country move – back to more supports.</p>	<p>Mid 2008</p>		<p>Burnout until June of 2008, then back into zombie and then withdrawal.</p>
<p>Attended first workshop on Compassion Fatigue and Vicarious Trauma. Continue with more training and research. Created curriculum for full day workshop.</p>	<p>Mid 2008</p>		
<p>Part-time work, university counselling center, part-time private practice and compassion fatigue workshops.</p>			
<p>Major focus on personal health – therapist for phobia, naturopathic doctor, health coach, massage therapy and chiropractor.</p>	<p>2009</p>		<p>Withdrawal and <b>Irritability</b> and occasional Zealot.</p>
<p>Additional training on compassion fatigue, created curriculum for individual coaching.</p>			
<p>Ongoing prioritization of personal health with team support.</p>	<p>2010</p>	<p>Renovation/sale of property. Grandfather passed away. Cross country move.</p>	<p>Irritability – zealot equal.</p>
<p>Able to protect myself from high exposure to trauma, able to see position not sustainable for me. No personalization. Solution focused and began to look for other positions. Continued with workshops and coaching part-time.</p>	<p>2012</p>	<p>Loss of contract for private practice so began full time in public health – high exposure to trauma.</p>	<p>Zealot and irritability</p>

<p>Mental health, full-time in primary care. More protective factors. Enjoyment of work. Busy, but manageable with strategies. Much support.</p>	<p>2013</p>	<p>End of relationship</p>	
<p>Cross country move for permanent position with mental health in primary care.</p>	<p>2014</p>		
<p>Put part-time compassion fatigue work on hold to publish book. Abundance of support.</p>	<p>2015</p>		
<p>Updated and adapted curriculum for Caring Safely – online group coaching program.</p>	<p>2016</p>		<p>Primarily zealot – irritability symptoms are warning signs for immediate change.</p>
<p>Added Caring Safely Supervisor/Manager/Expert level.</p>	<p>2017</p>		
<p>Added Caring Safely licensing options for organizations.</p>	<p>2017</p>		
<p>Adding Caring Safely retreats. Help for Caring Safely.</p>	<p>2018</p>		