

# Caring Safely Module 10-2

## Compassion Fatigue Concepts and Research

## In This Module

Reviewing the concepts:

- Modules one to six
- Research – Books
- Research – Assessments/Scales
- Research – Journal Articles
- Generalized to Niche

# Module One

- Module 1-1
  - Concepts: Compassion, Compassion Satisfaction, Compassion Fatigue, Vicarious Trauma, Vicarious Posttraumatic Growth, Burnout, Sustainable Caring
- Module 1-2
  - Warning signs: Interpersonal, Emotional, Cognitive, Work-Related, Behavioral, Physical, Spiritual. The Silencing Response, Professional Quality of Life Scale
- Module 1-3
  - The Wellness Gauge
- Audio Practices
  - Three minute breathing for energy
  - Three minute breathing for relaxation

# Module Two

- Module 2-1
  - The Compassion Fatigue Trajectory
  - Burnout Vs. Sustainable Caring
- Module 2-2
  - Self-esteem, Unconditional Individual Worth
- Module 2-3
  - Values, The ACT Paradigm, The ACT Paradigm for Compassion Fatigue
- Module 2-4
  - The Responsibility Pie, Locus of Control, Self-Management Plan, Role as Helping Professional, Value Based Intentions
- Audio Practice
  - Deep Breathing for Relaxation – 10 Minute Practice

# Module Three

- Module 3-1
  - Vicarious Trauma, Peer Accounts of Vicarious Trauma, Posttraumatic Growth, Peer Accounts of Posttraumatic Growth
  - Signs of Vicarious Traumatization
- Module 3-2
  - Tracking the Positive, Gratitude, Problem Solving Attitude
- Module 3-3
  - Journaling for Growth, Deliberate Rumination/Reflection, Creating a New Story, Worldview Personal Statement,
- Audio Practice:
  - Morning Guided Relaxation With Intention

# Module Four

- Module 4-1
  - Awareness of Negative Thoughts, Creating Community Professionally/Personally, Flexi-Self-Care, Subjective Units of Nourishment, Non-negotiable self-care.
- Module 4-2
  - Stress Response, Relaxation Response, Deep Breathing, Sensory Grounding, Perfectionism, 80% Rule
- Module 4-3
  - Saying “No” for “Yes”, The USE Model of Assertive Communication, Saying “No” and guilt, Self-Care Plan.
- Audio Practice
  - Guided Relaxation for Peaceful Sleep

# Module Five

- Module 5-1
  - Empathy, Self-Regulation, Emotional Contagion
- Module 5-2
  - Building Body Awareness, Controlling Facial Mimicry, Surfing Your Emotions
- Module 5-3
  - Sensory Grounding Strategies, Mindful Walking, Journaling with Relaxation, Limiting Trauma Input, Vicarious Trauma Recovery Plan
- Audio Practice
  - Progressive Muscle Relaxation

# Module Six

- Module 6-1
  - Compassion, Self-Compassion, Barriers to Compassion and Self-Compassion, Compassionate Curiosity
- Module 6-2
  - Cultivating Compassion with Memories of Giving Compassionate Care/Receiving Compassion, Creating Compassionate Feelings with Guided Imagery
- Module 6-3
  - Your Ideal Life, Passion Projects, Commit to Change, Live This Work
- Audio Practice:
  - Guided Visualization

# Research - Books

## Books:

- Upside: The new science of posttraumatic growth
- Lying Down in the Ever-Falling Snow: Canadian Health Professionals' Experiences of Compassion Fatigue
- Trauma Stewardship: An everyday guide to caring for self while caring for others
- Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma
- Self Compassion: The proven power of being kind to yourself
- The Compassionate Mind: A new approach to life's challenges
- Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized
- Transforming the Pain: A Workbook on Vicarious Traumatization

# Research – Assessments

## Assessments/Scales:

- Module 1-2 **Professional Quality of Life Scale** – [www.proqol.org](http://www.proqol.org)
  - Interpretation of score combinations - Module 7-1
- Module 3-1 **Signs of Vicarious Traumatization** – Transforming the Pain
- Module 3-1 **Post Traumatic Growth Inventory** – Personal
- Not in CS: **Self-Compassion Scales** <http://self-compassion.org/self-compassion-scales-for-researchers/>

# Research - Articles

## Articles:

- The Prevalence of Compassion Fatigue and Burnout among Health Care Professionals in Intensive Care Units
- Personal Factors Related to Compassion Fatigue in Health Professionals
- Vicarious Traumatization: Concept Analysis
- The Experience of Vicarious Posttraumatic Growth in Mental Health Workers
- Working with refugee survivors of torture and trauma – An opportunity for vicarious post-traumatic growth
- The Relation Between Mindfulness and Posttraumatic Growth – As Study of First Responders to Trauma-Inducing Incidents
- Can Empathy Lead to Emotional Exhaustion in Teachers? The Mediating Role of Emotional Labour

# Research - Articles

## Articles con't:

- Compassionate Care: The Theory and the Reality
- Self-Compassion, Emotion Regulation and Stress among Australian Psychologists- Testing an Emotion Regulation Model of Self-Compassion Using Structural Equation Modeling
- Does Compassion-Focused Therapy Training for Health Care Educators and Providers Increase Self-Compassion and Reduce Self-Persecution and Self-Criticism?
- Can we predict burnout severity from empathy-related brain activity?
- Managing traumatic stress responses among clinicians: Individual and organizational tools for self-care

# Generalized to Niche

- Research the concepts - lack of clarity around terminology and definitions
- Clarify your belief and framework for understanding and treating compassion fatigue
- Begin with a generalized understanding and then research niche experiences of compassion fatigue, empathy fatigue, vicarious trauma, secondary traumatic stress.... use the terminology that is used in your niche.
- Find research specific to your niche. May need to look at specific concept/strategy and it's impact on niche.

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