

Connecting the Concepts of Caring Safely

For each concept below, write out a definition that makes sense to you. You can also include a brief example of a time you've experienced each. Don't go into too much detail, just begin to notice when these experiences are happening for you.

Compassion:

Compassion Satisfaction:

Compassion Fatigue:

Vicarious Trauma:

Burnout:

Vicarious Posttraumatic Growth:

Sustainable Caring: