



Caring Safely™

Module One - Video One

The Concepts

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In this video

- The Concepts:
 - Compassion
 - Compassion Satisfaction
 - Compassion Fatigue
 - Vicarious Trauma
 - Burnout
 - Vicarious Posttraumatic Growth
 - Sustainable Caring

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What is Compassion?

"Compassion is defined as the emotional response when perceiving suffering and involves an authentic desire to help" (Seppala, 2013)

"Compassion...involves the recognition and clear seeing of suffering. It also involves feelings of kindness for people who are suffering, so that desire to help – to ameliorate suffering – emerges." (Neff, 2011)

Two components: identifying with human suffering and a desire or motivation to do something to relieve this suffering.

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Compassion Satisfaction

CS is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society.

Professional Quality of Life Screening
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Compassion Satisfaction

“The satisfaction of working with people and expressing your compassion and your empathy. The sense of doing the right thing, helping, people are responding to me. I’m doing the right things”

C. Figley – Overexposed.

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Other descriptions Compassion Satisfaction

I really like having people get better. It is really wonderful helping people

I did make a difference, I did make it better. I’m in the right profession. I should be here

The rewards outweigh the challenges by far

There is no other feeling that can compare to really helping someone who is struggling

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Rewards of Compassion

Compassion leads to connection, which correlates to:

- Better mental and physical health
- Speeds up recovery of disease
- May lengthen our lifespan
- Strengthens our immune system
- Improves self-esteem
- Lowers anxiety and depression
- Increases empathy, trust and cooperation with others = more connection!

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Compassion Fatigue

CF is characterized by a deep physical and emotional exhaustion and a pronounced change in the ability to feel empathy for clients, loved ones and co-workers.

A serious, but natural consequence of working with people who are suffering and traumatized.

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Other descriptions of Compassion Fatigue

When you have nothing left to give, you have given so much there is nothing left.

CF occurs when you are overexposed to pain and suffering

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Other descriptions Compassion Fatigue

Too many demands – not enough resiliency. It's a predictable phenomenon

CF is where you are just listening to this stuff and feeling hopeless and helpless and your being there isn't changing anything.

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Other descriptions Compassion Fatigue

Because of your kindness, compassion and empathy, you start to absorb the emotions and reactions of the people you are helping.

The cumulative toll that we, as individuals, experience as a result of exposure to suffering, hardship, crisis and trauma.

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Other descriptions Compassion Fatigue

It's as though I don't have anymore to give emotionally, so I lose empathy for them. I become cynical or disbelieving in what they say.

Dealing with sick people and giving them what they need emotionally... you just give, give, give all the time.

Every time I'm at work, I feel dread. It's hard to fill my bucket.

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Vicarious Trauma

The transmission of traumatic stress through observation and/or hearing others' stories of traumatic events and results in a shift in your world view and sense of meaning

Similar to PTSD including:

- Intrusive thoughts
- Nightmare
- Avoidance/Arousal
- Change in relationship to self, family and friends

(adapted from Compassion Fatigue: A Crucible of Transformation(2002) Eric Gentry
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Vicarious Trauma

Witnessing a clients experiencing mental or physical distress.

A client who shares graphic details of a trauma they experienced or saw.

“A tough day”...

Personal symptoms

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Burnout

Extreme circumstances. It describes anyone whose health is suffering or whose outlook on life has turned negative because of the impact or overload of their work.

Signs and Symptoms have become chronic and physical illness has developed.

Brief interventions no longer help. Psychological and/or medical assistance is necessary.

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Burnout

Associated with feelings of hopelessness and difficulties in dealing with work or doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference or they can be associated with a very high workload or a non-supportive environment.

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Vicarious Post-Traumatic Growth

Vicarious Post Traumatic growth refers to the significant positive symptoms derived from trauma work and the impact this has on the personal growth of the worker.

An enhanced sense of meaning and purpose in life that promotes personal change and growth.

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Vicarious Post-Traumatic Growth

Self-Perception: The noticed the had become more open-minded, more tolerate, more flexible and patient. They said they had more acceptance and were less likely to be bothered by the small stuff or get "worked up".

Philosophy of life: The workers noticed that they had a new perspective on life and a view of how the world works. Some felt that compared to their clients, they were grateful for not having as many hardships. more gratitude for what they had in their day to day lives such as warm homes, plenty to eat, safety, security and positive relationship. They had less focus on material possessions.

Interpersonal relationships: Positive shifts in relationships - they noticed a deeper appreciation for family and friends and more meaningful relationships.

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Sustainable Caring

Caring is defined as things that are done to keep someone healthy safe etc.

Sustainable is defined as being able to be used without being completely used up or destroyed.

I have defined sustainable caring as being able to consistently provide compassionate care, with resilience, to the pain and suffering of others.

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Worksheet One Connecting the Concepts

Personalize each of these concepts so that they make sense to you and have meaning for you.

They will change over time as you grow and learn skills to reduce compassion fatigue and burnout while increasing compassion satisfaction and post traumatic vicarious growth.

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Review The Concepts

- The Concepts:
 - Compassion
 - Compassion Satisfaction
 - Compassion Fatigue
 - Vicarious Trauma
 - Burnout
 - Vicarious Post-Traumatic Growth
 - Sustainable Caring
- Connecting the Concepts

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