



## Caring Safely™

### Module One – Video Two

Signs and Symptoms of Compassion Fatigue

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## In this video

- The Signs and Symptoms of Compassion Fatigue
- Professional Quality of Life Scale
- The Silencing Response
- Your Warning Signs

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## Behavioral Signs of Compassion Fatigue

- |   |                               |                         |
|---|-------------------------------|-------------------------|
| •Increased use of alcohol and drugs (Negative Coping) | •Nightmares                   | •Avoidance of clients   |
| •Absenteeism  | •Decision Fatigue             | •Loosing things         |
| •Sleep Disturbances                                   | •Compromised Care for Clients | •The Silencing Response |

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## Physical Signs of Compassion Fatigue

- Exhaustion
- Headaches/Stomachaches
- Tension in Body
- Insomnia
- Impaired Immune System
- Agitation

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## Spiritual Signs of Compassion Fatigue

- Questioning the meaning of life
- Lack of self-satisfaction
- Anger at God
- Loss of purpose
- Pervasive hopelessness
- Questioning prior religious beliefs

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## Interpersonal Signs of Compassion Fatigue

- Withdrawn
- Mistrust
- Impact on parenting (protectiveness)
- Intolerance
- Decreased interest in intimacy or sex
- Isolation from friends/family/colleagues
- Projection of anger or blame
- Loneliness

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## Emotional Signs of Compassion Fatigue

- Powerlessness
- Guilt
- Survivor Guilt
- Numbness
- Helplessness
- Emotional Rollercoaster
- Depleted
- Anxiety
- Anger/Rage
- Shutdown
- Fear
- Sadness
- Overwhelmed
- Loss of Hope

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## Cognitive Signs of Compassion Fatigue

- Difficulty concentrating
- Distracted/Feeling Spacey
- Preoccupation with trauma
- Rigidity
- Negative self-talk
- Perfectionism
- Heightened anxiety/irrational fears
- Confusion
- Decrease self-esteem
- Intrusive thoughts/images trauma
- Whirling thoughts
- Self-doubt
- Minimization
- Difficulty separating personal and professional lives.

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## Work Related Signs of Compassion Fatigue

- Decreased feeling of work competence
- Increased transference/countertransference
- The Silencing Response
- Too tired for professional development
- Thinking about leaving the field
- Dread of working with certain clients
- Diminished sense of purpose
- Less enjoyment with career
- Not taking vacation days/too many
- Hard to see the wins

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## The Silencing Response

“the silencing response [...] inability to attend to the stories/ experiences of our clients and instead to redirect the material that is less distressing for the professional.”

“This occurs when client’s experiences/stories are overwhelming, beyond our scope of comprehension and desire to know, or simply spiraling past our sense of competency. The point at which we may notice our ability to listen becoming compromised is the point at which the Silencing Response has weakened our clinical efficacy” (Baranowsky, 1997)

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## Examples of the Silencing Response

- Changing the subject
- Minimizing client distress
- Boredom
- Using humor to change or minimize the subject
- Fearing what the client has to say
- Blaming clients for their experience
- Avoiding the topic
- Wishing or suggesting the client would “just get over it”
- Angry or sarcastic with the client
- Faking interest or listening (hard to pay attention)
- Fearing you will not be able to help
- Not believing clients

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## The Professional Quality of Life Scale (ProQuol)

- Compassion Satisfaction
- Burnout
- Secondary Traumatic Stress (Compassion Fatigue)

*Paper or Electronic – See Below*

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## Worksheet Two Signs and Symptoms

### Compassion Fatigue Signs and Symptoms Check List

You may want to apply the strategies you learn in this program to the category you are showing greatest signs and symptoms in.

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## Worksheet Three Warning Signs

The more awareness you build around your warning signs, the earlier you can use your strategies to reduce any signs and symptoms.

As you increase awareness, you will notice earlier and earlier warning signs.

*"It's gonna get weird, before it gets better"*

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## Review Signs and Symptoms

Signs and Symptoms: Behavioral, Physical, Spiritual, Interpersonal, Emotional, Cognitive, Work Related

The Professional Quality of Life Scale

Signs and Symptoms Check List

Warning Signs

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