



Caring Safely™ Module Two – Video One

The Compassion Fatigue Trajectory

Charlene Richard B.S.W., M.S.W., RSW
Compassion Fatigue Specialist

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In this module

- The Compassion Fatigue Trajectory
- Self-Esteem
- Unconditional Individual Worth
- Values Inventory
- The ACT Paradigm
- Responsibility Pie
- Role as a helping professional
- Daily Intentions
- Audio – 10 Minute Relaxation

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In this video

- The Compassion Fatigue Trajectory
 - Zealot
 - Irritable
 - Withdrawal
 - Zombie
 - Burnout/Growth

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The Compassion Fatigue Trajectory

- The Zealot Phase
- The Irritability Phase
- Withdrawal Phase
- The Zombie Phase
- Pathology and Victimization VS. Maturation and Renewal

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The Zealot Phase

- Committed, involved, available
- Ready to problem solve and make a difference
- Willing to put in extra hours
- Tons of enthusiasm and volunteering
- Willing to go the extra mile "I'll do that"

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The Irritability Phase

- Begin to cut corners – avoid clients – hide
- Mock colleagues or clients
- Unfair talk of medical or mental health problems
- Use of humor is strained
- Daydream or distracted when working with clients
- Oversights, mistakes, hard to concentrate
- Distance ourselves from friends and co-workers

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The Withdrawal Phase

- Enthusiasm turns sour – bubble bursts
- Clients become a blur – run together – seen as irritants and not individuals
- Complains made at work and personal life
- Tired all the time – don't want to talk about work or admit our profession (fake job)
- Neglect family – co-workers/friends/clients/self

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The Zombie Phase

- Auto pilot
- Not connected to our thoughts and feelings
- Disconnected from colleagues/peers/family/friends
- Lost compassion for clients
- Hear but do not understand, lost our meaning and value as helpers

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Pathology + Victimization (Burnout)

OR

Maturation and Renewal (Sustainable Caring)

- | | |
|--|------------------|
| • Overwhelmed and leave the profession | • Hardiness |
| • Somatic Illness | • Resiliency |
| • Symptoms are perpetual | • Transformation |
| • OR | |

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Review of the Compassion Fatigue Trajectory

- Zealot
- Irritable
- Withdrawal
- Zombie
- Burnout/Personal Growth

Personalize and integrate the trajectory on the handout

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