

# COMPASSION FATIGUE VICARIOUS TRAUMA & BURNOUT

Iowa Coalition Against Sexual Assault

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## OBJECTIVES

- Compassion Fatigue
- Vicarious/ Secondary Trauma
- Burnout
- Ways to Acknowledge/ Mitigate

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## TWO SIDES

### The Bright Side

This Work Can Be Meaningful and  
Rewarding....



### The Dark Side

Changes in Us Can Be Similar to those  
of Victims We Serve...




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### FIVE COMPARTMENTS OF ENERGY

- Intellectual
- Physical
- Emotional
- Spiritual
- Sexual

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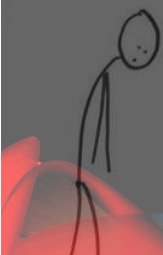
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### COMPASSION FATIGUE

What is it?



You are running on empty.

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### Compassion Fatigue

Refers to the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate.

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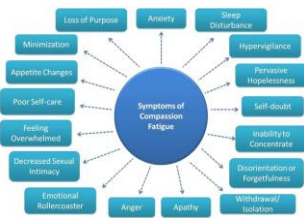
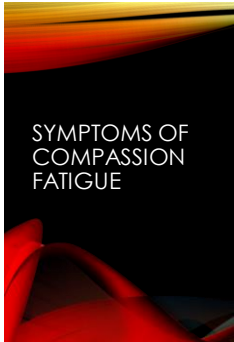
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### Vicarious Trauma

Describes the profound shift in world view that occurs in helping professionals when they work with clients who have experienced trauma: helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material.

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### SYMPTOMS OF VICARIOUS TRAUMA

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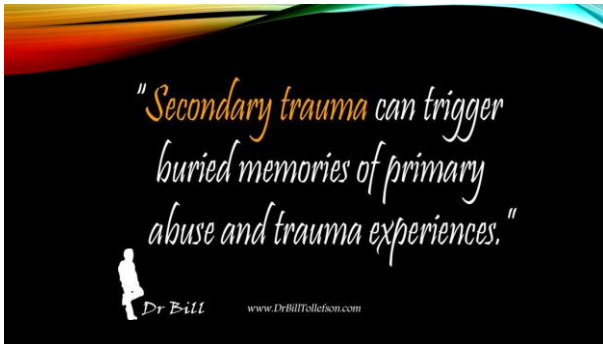
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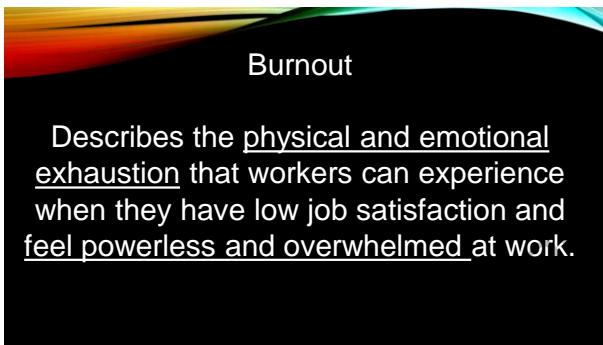
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Burnout does not necessarily mean that our view of the world has been damaged or that we have lost the ability to feel compassion for others.

Burnout can be fairly easily resolved: as an example, changing jobs can provide immediate relief to someone suffering from job-related burnout.

This is not the case for Compassion Fatigue and Vicarious Trauma.

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## BEING PROACTIVE IN THE WORK

- **Take Care of Yourself!**
  - Self – Care
- **Educate Yourself**
  - Books, Articles, Webinars, etc.
- **Set Emotional Boundaries**
  - Know when to say No!
  - Learn what your emotional capacity is
- **Build and USE a Strong and Encouraging Network of Support**
  - Personal Therapy
  - Healthy Social Life Outside of Work
- **Reduce Work Stress**
  - Parameters!
- **Use ACTIVE Coping Measures**
  - Mental Health Days, Trauma Informed Supervision, Limited Conversation
- **Maintain BALANCE**
  - It is OKAY to Turn Work OFF!

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## WHAT CAN I DO ABOUT IT?

- **Acknowledge**
  - Recognize your internal shift – BE SELF AWARE!
- **Address It**
  - Ask for help!
  - Find realistic and healthy ways to work through CF/VC
- **Take Action**
  - Whatever you identify as a solution... DO IT!
  - (Therapy, Increased Supervision, Support System)




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## RESOURCES




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PowerPoint Property of IowaCASA