

# Compassion Fatigue and Self-Care

- Defining compassion fatigue
  - A State of exhaustion and dysfunction (biologically, psychologically and socially) as a result of prolonged exposure to secondary trauma or a single intensive event. C.R.Figley 1995
- Symptoms:  
Secondary victimization
- Survey questions

# Caring for Victims and Their Needs

## Interactive Exercise:

- Define your role and job description
- Write up your new job description

# Setting Boundaries with Victims

## Therapeutic Techniques:

- Creating a framework for interaction
- Awareness of boundaries
- Managing emotions
- Pacing sessions
- Closing the session

# Debriefing

- Breathing techniques
- Managing your emotions
- Separating yourself from the victim
- Leaving work at work

# Self-Care Techniques

- Creativity
- Physical exercise
- Making time for oneself
- Social activities

# Meditation

- Breathing exercises
- Relaxing the body
- Calming the mind
- Freeing the spirit

