Self care

Coping with client deaths
ProQOL R-IV

• Take the Professional Quality of Life: Compassion Satisfaction & Fatigue Subscales, R-IV (ProQOL R-IV) Test (Stamm, 2005).
  - Compassion Satisfaction (items 3,6,12,16,18,20,22,24,27,30).
  - Burnout Scale (items 1,4,8,10,15,17,19,21,26,29).
  - Trauma/Compassion Fatigue (items 2,5,7,9,11,13,14,23,25,28).
Importance of self-care

• When was the last time that you couldn’t get to sleep or woke up early?
• Have you ever felt the need to do something physical to remove unwanted thoughts or images?
• What are the similarities to your own life/history?
Professional quality of life

Professional Quality of Life

- Compassion Satisfaction
- Compassion Fatigue
  - Burnout
  - Secondary Trauma

Stamm, 2010
Compassion fatigue

A state of exhaustion and dysfunction (biological, psychological, & social) as the result of prolonged exposure to compassion stress. Also known as Secondary Traumatic Stress and is seen as being transferred from the emotions of one’s victimized clients. It can be associated with poor social support from one’s colleagues (Beisner, 2007).
Burnout

Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress. It gradually builds to a breaking point and comes from all types of work related sources (Maslach, 1981).
Indirect trauma

Develops over time and is “...an inevitable, ever-present aspect of working with adult survivors of childhood trauma” (Knight, 2009, p. 72). Indirect trauma shows up in three ways:

– Secondary traumatic stress.
– Vicarious trauma.
– Compassion fatigue.
How do you know the difference?

- Do I like my job?
  - If yes, then compassion fatigue.
  - If no, then burnout.
Solutions

• Disrupt memory formation.
• Use the power of suggestion.
• Develop a mantra.
More information

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