

TAKING CARE OF THE CAREGIVER

LAKES CRISIS & RESOURCE CENTER
SATURDAY, MARCH 29, 2008
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OBJECTIVES

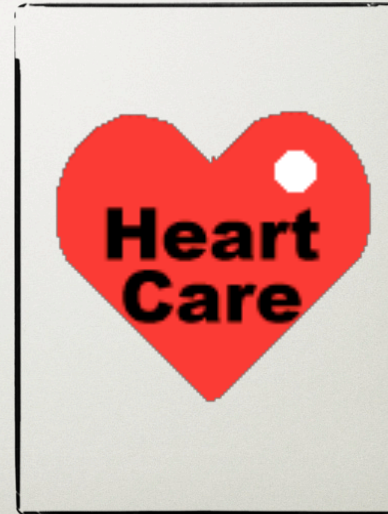
- Particular stresses experienced by those supporting trauma victims
- Supporting Crisis Responders
- Examples of Compassion Fatigue & Burnout Symptoms
- Hierarchy of Need of Crisis Responders
- Guidelines for Burnout Prevention
- Professional Quality of Life Scale

PARTICULAR STRESSES EXPERIENCED

- Caring Burnout
- Meaning Burnout
- Compassion Fatigue

CARING BURNOUT

- Emotional exhaustion
- Depersonalization
- Lack of personal accomplishment



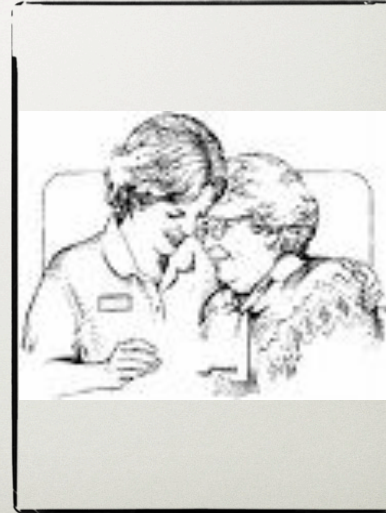
MEANING BURNOUT

- One's work no longer holds the "psychic income" it once did
- No longer feel the connection and importance of work



COMPASSION FATIGUE

- Secondary traumatic disorder
- Nearly identical to PTSD, except affects those taking care of the direct victims of trauma (Figley, 1995)



SUPPORTING CRISIS RESPONDERS

- Pay attention to the balance between caring for ourselves and caring for others (Skovholt, 2001).

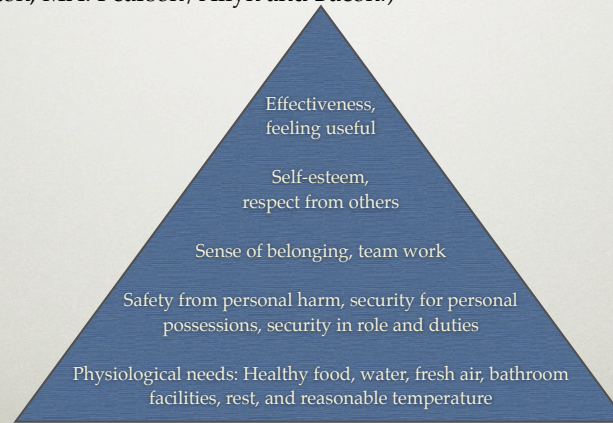


**EXAMPLES OF COMPASSION FATIGUE
AND BURNOUT SYMPTOMS**

HIERARCHY OF NEED OF CRISIS RESPONDERS

- Based of Maslow's Model

(Source: Based on Lifespan Development (2nd ed.), by H. Bee, 1998, Boston, MA: Pearson/ Allyn and Bacon.)

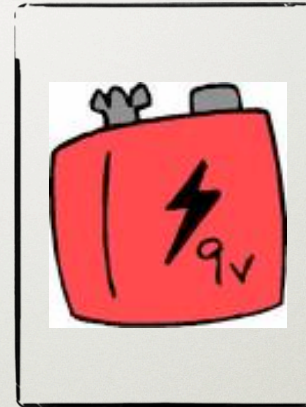


GUIDELINES FOR BURNOUT PREVENTION

- Using **VICTORY** Mnemonic Device
 - Vary your routines for relief.
 - Invite your colleagues for recognition.
 - Close those open energy circles for results.
 - Tackle one of the six workplace risk factors.
 - Open up to your support system for relief.
 - Recharge your batteries for relief & results.
 - You are not your job.

RECHARGE YOUR BATTERIES

- Exercise!
- Find recreation - a hobby.
- Learn something new.
- Ask colleagues about their life outside of work.
- Sleep.
- Drink water.
- Use relaxation strategies.
- Respect your personal limits.
- LAUGH!!!



PROFESSIONAL QUALITY OF LIFE SCALE

- Take a look at where you are at today...

RESOURCES TO CHECK OUT ONLINE

- Videos
 - *Working with Stress* (2002) National Institute for Occupational Safety and Health, <http://www.cdc.gov/niosh/docs/video/stress1.html>
 - *When Helping Hurts: Sustaining Trauma Workers* (2006) www.giftfromwithin.org

RESOURCES

- Figley, C. R. (1995). Compassion fatigue: Toward a new understanding of the cost of caring. In B. H. Stamm (Ed.), *Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators* (pp. 3-28). Lutherville, MD: Sidran Press.
- Kerr, M. M. (2009). *School crisis prevention and intervention*. Columbus, OH: Pearson.
- Skovholt, T. M. (2001). *The resilient practitioner: Burnout prevention and self-care strategies*. Boston, MA: Allyn & Bacon.