

# TAKING CARE OF THE CAREGIVER

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

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- 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**

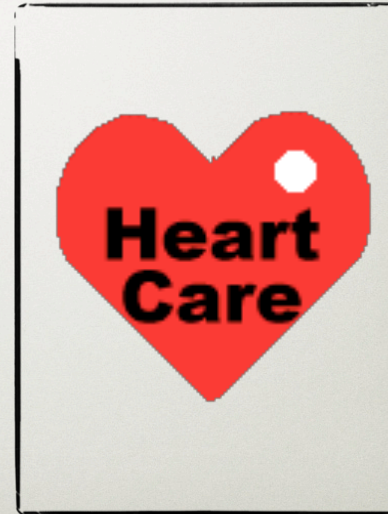
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- Caring Burnout
- Meaning Burnout
- Compassion Fatigue

# CARING BURNOUT

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- Emotional exhaustion
- Depersonalization
- Lack of personal accomplishment



# MEANING BURNOUT

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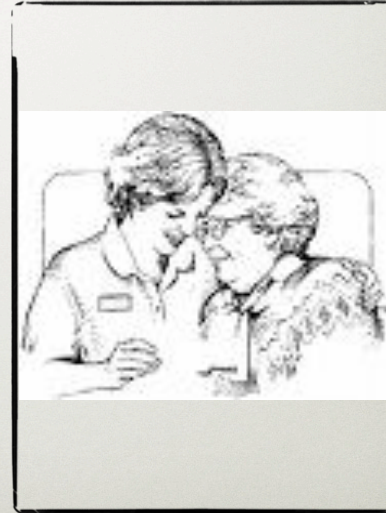
- One's work no longer holds the "psychic income" it once did
- No longer feel the connection and importance of work



# COMPASSION FATIGUE

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



## SUPPORTING CRISIS RESPONDERS

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



**EXAMPLES OF COMPASSION FATIGUE  
AND BURNOUT SYMPTOMS**

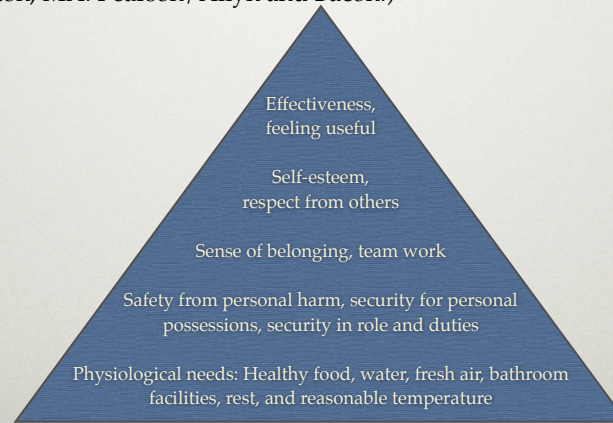


# HIERARCHY OF NEED OF CRISIS RESPONDERS

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- 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

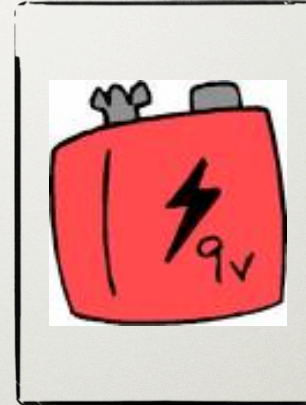
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- Using **VICTORY** Mnemonic Device
  - Vary your routines for relief.
  - Invite your colleagues for recognition.
  - Close those open energy circles for results.
  - Tackle one of the six workplace risk factors.
  - Open up to your support system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

# RECHARGE YOUR BATTERIES

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- 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

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

## RESOURCES TO CHECK OUT ONLINE

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- 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](http://www.giftfromwithin.org)

# RESOURCES

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- 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.