

Avoiding Burnout & Compassion Fatigue



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What we are Working to Prevent?

BURNOUT

COMPASSION FATIGUE

**VICARIOUS
TRAUMATIZATION**



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Reading this book is like looking into a mirror.

— THICH NHAT HANH

"This book is a gift, a wise and compassionate guide for those who undertake the difficult work of caring for the traumas of this world."

— JACK KORNFIELD

Author of *A Path with Heart*

Bring me all of your dreams, you dreamers. Bring me all of your heart wishes
that I may wrap them in a blue cloud-cloth. Away from the too-tight restraints of the world.
— "The Dream Weaver" by Langston Hughes

Trauma Stewardship

An Everyday Guide to Caring for Self
While Caring for Others

Laura van Dernoot Lipsky with Connie Burk



"It's a new anti-depressant—instead of swallowing it, you throw it at anyone who appears to be having a good time."

Trauma Exposure Responses

- Feeling helpless and hopeless
- A sense that one can never do enough
- Hypervigilance
- Diminished creativity
- Inability to embrace complexity
- Minimizing
- Chronic exhaustion/physical ailments
- Inability to listen/deliberate avoidance
- Dissociative moments
- Sense of persecution
- Guilt
- Fear
- Anger and cynicism
- Inability to empathize/numbing
- Addictions
- Grandiosity - an inflated sense of importance related to one's work

Antidote for Trauma Responses - *Return to the Present Moment*

Examples of centering acts:

- Breathing
- Grounding
- Mindfulness Meditation
- Mindful Movement
- Prayer





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Name 5 things you can see around you

Name 4 things you can feel (tactile)

Name 3 things you can hear right now

Name 2 things you can smell right now

Name 1 good thing about yourself

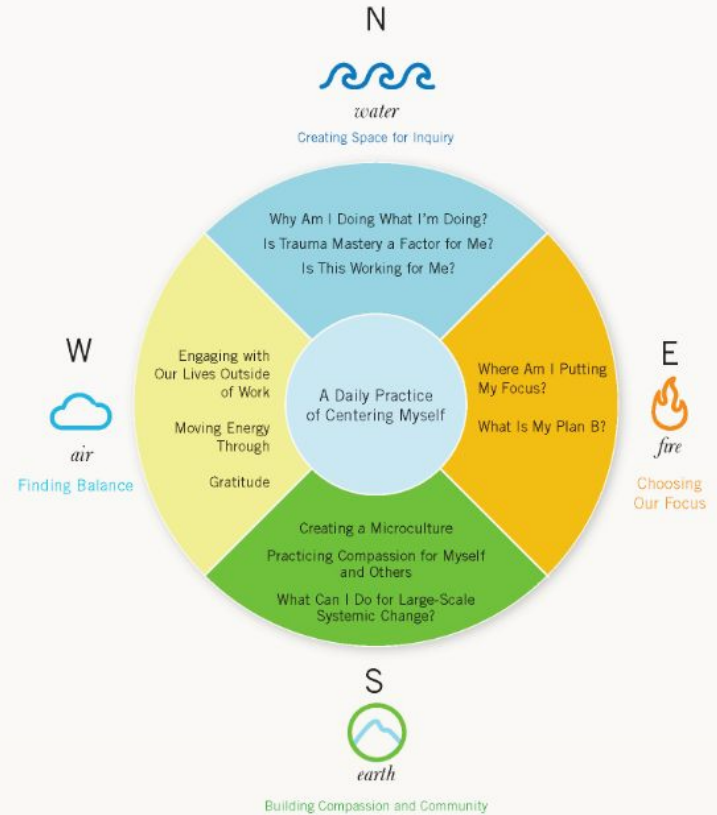
Traits of Stress Resistant Persons

- A sense of personal control
- Pursuit of personally meaningful tasks
- Healthy lifestyle choices
- Social supports



The “Five” Directions of Trauma Stewardship

The *five* Directions



Trauma Stewardship

A daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself. By developing the deep sense of awareness needed to care for ourselves while caring for others and the world around us, we can greatly enhance our potential to work for change, ethically and with integrity, for generations to come.

Practicing Trauma Stewardship

North: Space for Inquiry

- Reflection is an antidote to helplessness
- Why am I doing this? Is it working for me?
- Reflect on any part of your motivation related to “trauma mastery”



Practicing Trauma Stewardship

East: Choose Our Focus

- We are in control of what we focus on
- Reflect on your habits of thinking
- Develop a Plan B



Practicing Trauma Stewardship

South: Building Compassion & Community

- Practice self-compassion
- Practice compassion for others
- Reflect on your role models and community



Practicing Trauma Stewardship

West: Finding Balance



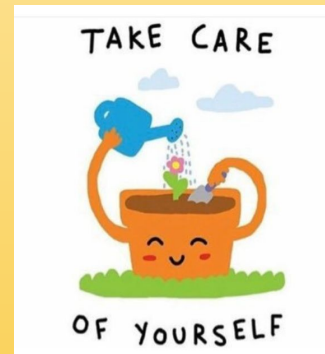
- Reflect on your work environment and routines
- Keep energy moving rather than absorbing and accumulating
- Practice gratitude



Practicing Trauma Stewardship

Core: Centering Through Daily Practice

- Create an intention at the beginning of each work day for how you want to live it
- Create an intention at the end of each work day for what you are closing and leaving



Intentions: I Plan To . . .

- Reflect on my motivation in the work that I do, and how it is currently working for me.
- Pay attention to whether my internal dialogue about my work is optimistic or pessimistic.
- Reflect on my “Plan B” if I weren’t doing this work.
- Practice self-compassion
- Practice compassion for others
- Take breaks during the work day
- Schedule some vacation time
- Find ways to release energy regularly
- Practice gratitude regularly
- Create rituals for how I start and end my work days



Additional Resources

- Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others - Laura van Dernoot Lipsky
- Healing Trauma - Peter Levine
- Self-Care in Social Work - Kathleen Cox & Sue Steiner
- Waking the Tiger - Peter Levine
- The Body Keeps the Score - Bessel van der Kolk
- Simple Self-Care for Therapists: Restorative Practices to Weave Throughout Your Workday - Ashley Davis Bush
- Kitchen Table Wisdom - Rachel Naomi Remen