




Recognizing Compassion Fatigue Webinar

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Webinar Details

- End of webinar will talk about chance to win a free registration
- Chatbox
- Replay for 24 hours
- Slides
- Handouts


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What you will learn today

1. **Phases of Compassion Fatigue:** Find out where you land on the Compassion Fatigue continuum – from none to burnout.
2. **Free Assessment:** Find out your levels of Compassion Fatigue, Compassion Satisfaction and Burnout
3. **Next Steps:** What to do next if you have any signs of Compassion Fatigue
4. **Questions:** Question time for webinar content and my Fall 2016 Caring Safely program.


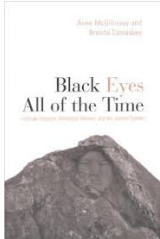
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Who am I?

- Behavioral Health Consultant - AHS, Calgary
- Founder of Caring Safely – Online Coaching Program for Compassion Fatigue
- Addictions and Mental Health
- Grief, Trauma, Compassion Fatigue
- Solution Focused, DBT, ACT, MBI and Yoga!
- Online Classes


From Law to Social Work.... www.CharleneRichardRSW.com

Black Eyes All of the Time (1999)

Summary: *The impetus for this book arose out of a 1995 Winnipeg study involving twenty-six Aboriginal women. The compelling accounts these women give of the domestic violence they experienced, first as children and later as wives and mothers, make it all too clear that any plan to implement diversionary reforms must first take into account this under-represented group. For survivors of domestic violence, jail terms for abusers allow time for healing, and the threat of criminal prosecution may quell violent outbreaks. Lax responses from an inconsistent criminal justice system often put Native women at risk.*

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What is Compassion?

"Compassion is defined as the emotional response when perceiving suffering and involves an authentic desire to help" (Seppala, 2013)

"Compassion...involves the recognition and clear seeing of suffering. It also involves feelings of kindness for people who are suffering, so that desire to help – to ameliorate suffering – emerges." (Neff, 2011)

Two components: identifying with human suffering and a desire or motivation to do something to relieve this suffering.

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