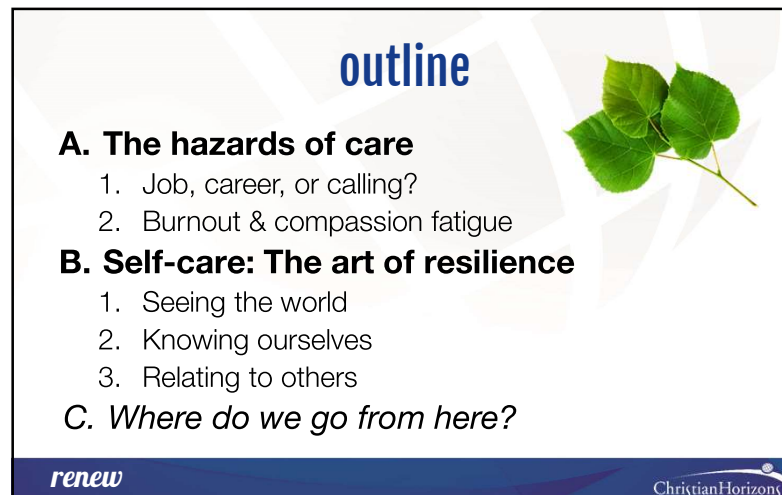


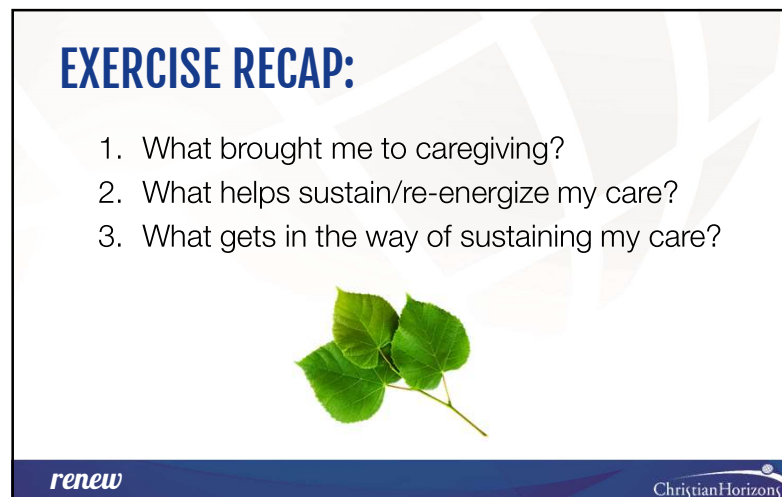
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5

THE HAZARDS OF CARE

1. Burnout
2. Compassion fatigue
3. Vicarious Trauma



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THE HAZARDS OF CARE

1. Burnout

- Emotional exhaustion
- Depersonalization
- Reduced personal accomplishment

Maslach Burnout Inventory, 1996



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THE HAZARDS OF CARE

2. Compassion Fatigue:

The cost of caring

“Fatigue, emotional distress, or apathy resulting from the constant demands of caring for others.”




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TOWARDS RESILIENCE

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet. This sort of denial is no small matter.”



~ Rachel Naomi Remen


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THE HAZARDS OF CARE

3. Vicarious trauma

The shift in world view that occurs in helping professionals when they work with clients who have experienced trauma



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THE HAZARDS OF CARE

Self-check:

1. What are some of the demands of caring in your current role?
2. How has your work impacted your view of the world?

ProQOL Self-Assessment (proqol.org)




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11

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 Organizational and
 Spiritual Life

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12