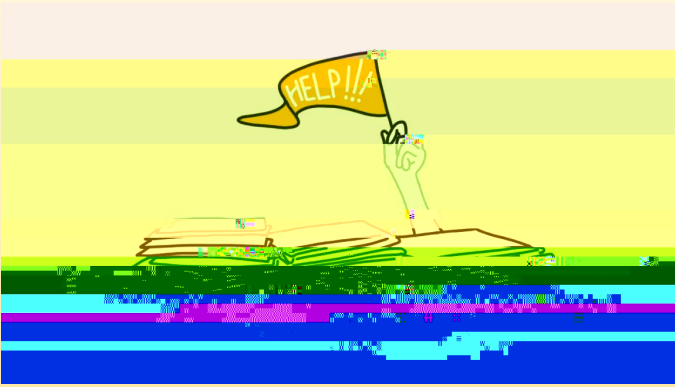


Avoiding Burnout & Compassion Fatigue

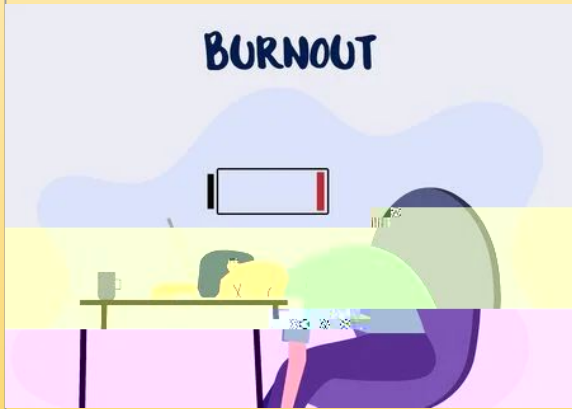


Shauna Olson Hong, LCSW
Kathryn Kirkpatrick, LCSW
Counseling Services



What we are Working to Prevent?

BURNOUT

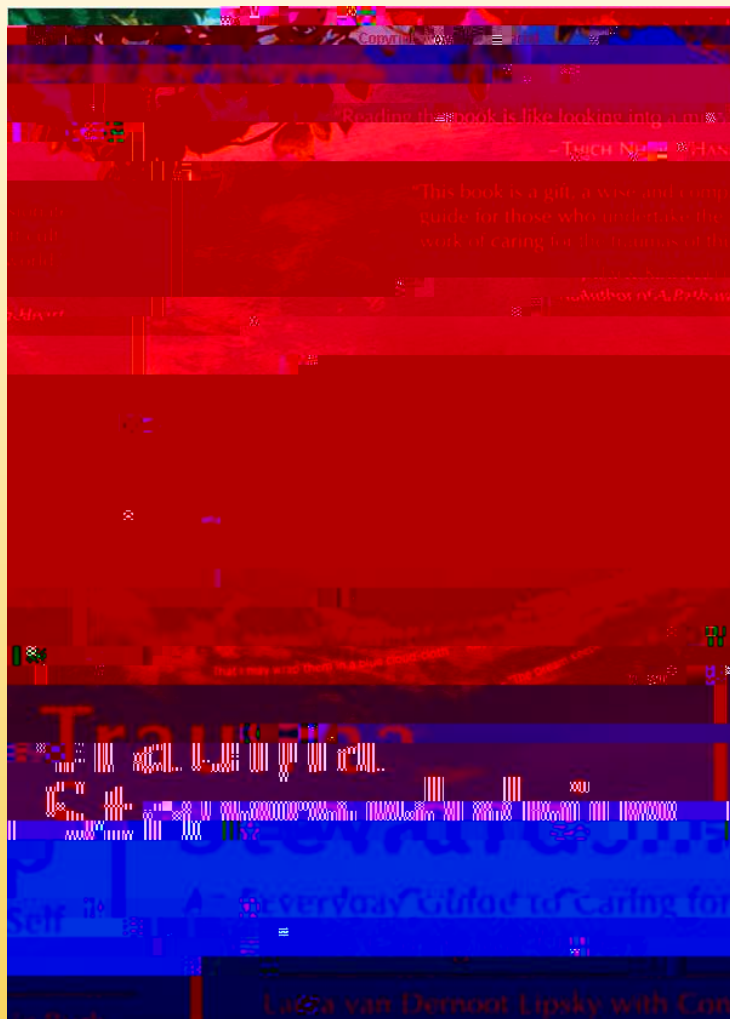


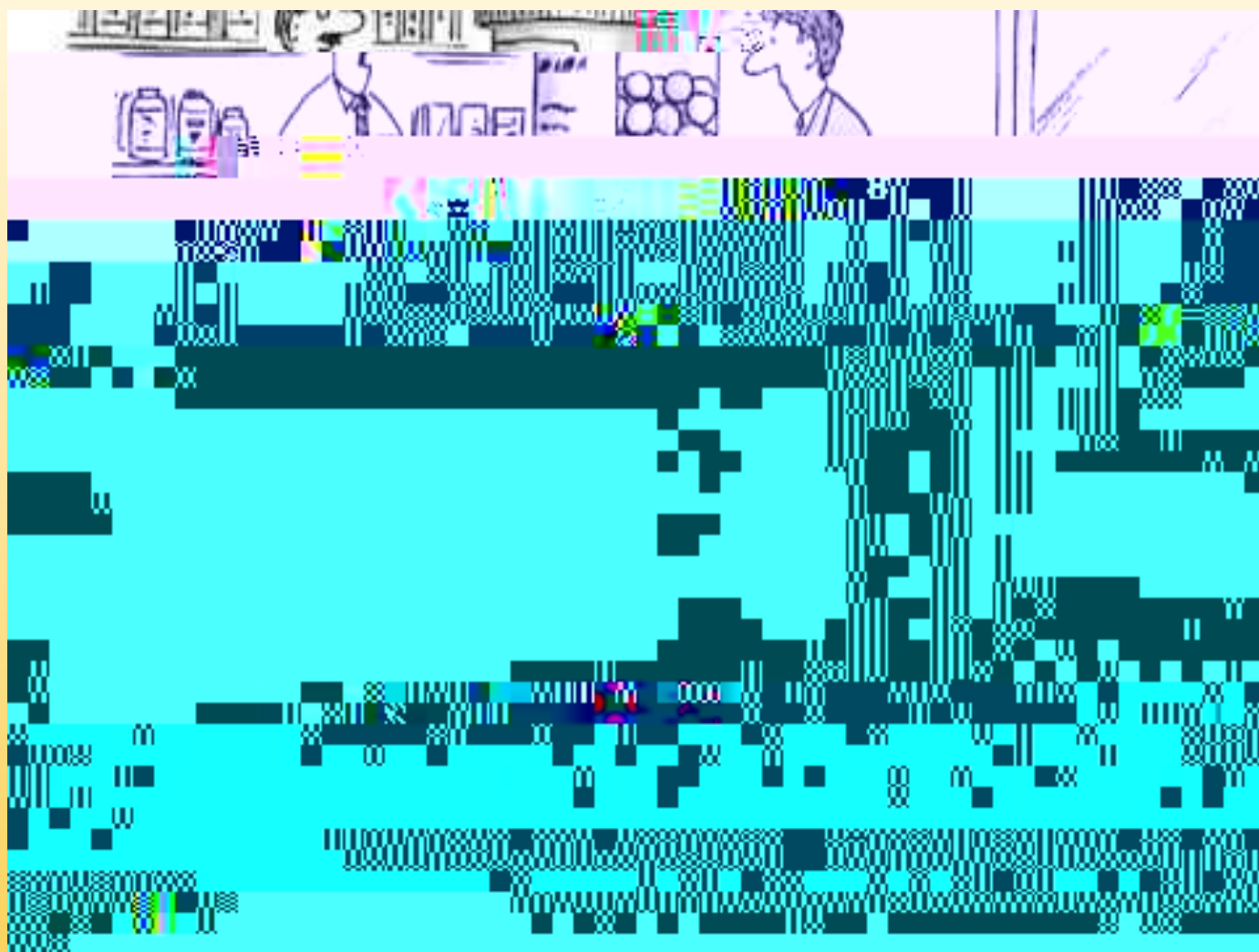
COMPASSION FATIGUE



VICARIOUS TRAUMATIZATION







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

Examples of centering acts:

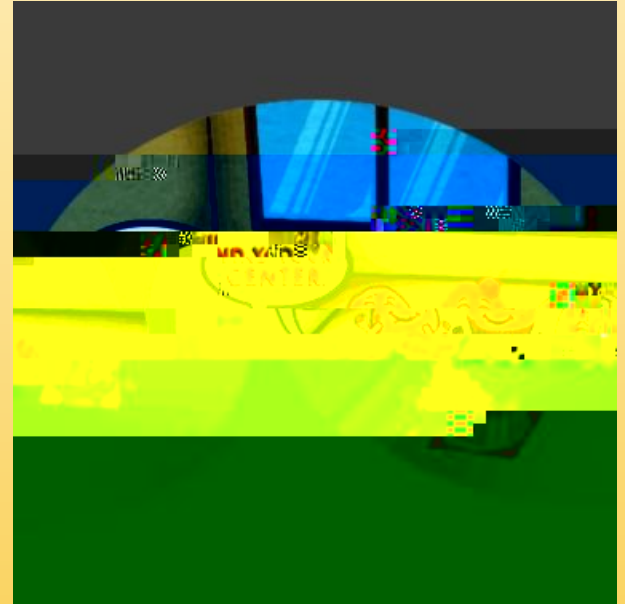
Breathing

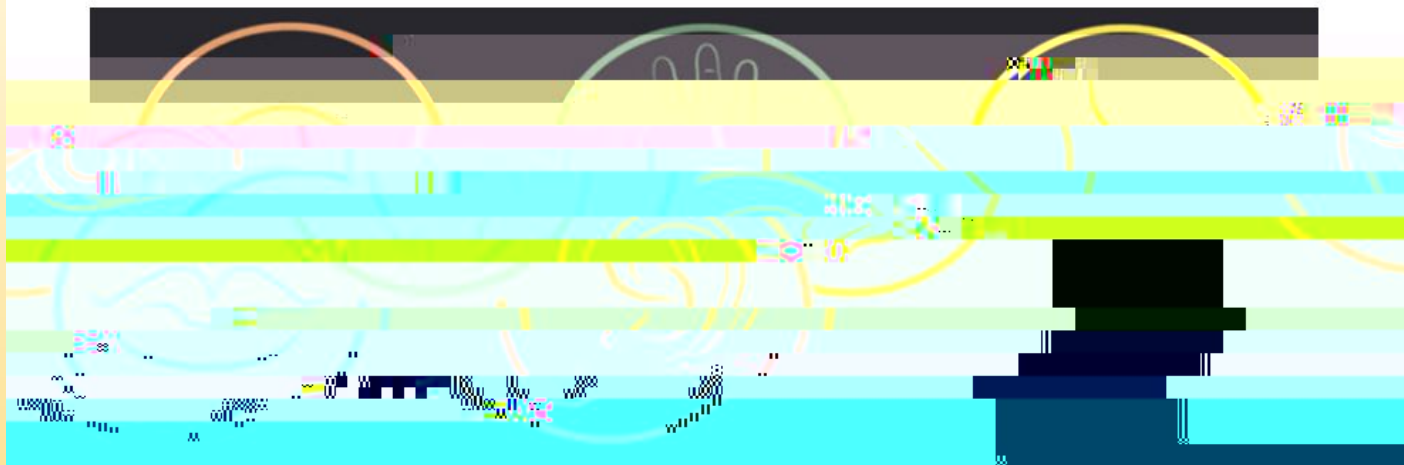
Grounding

Mindfulness Meditation

Mindful Movement

Prayer





အထွေထွေအားဖြင့်
အောက်ဖော်ပြပါအတိုင်း

အထွေထွေအားဖြင့် အောက်ဖော်ပြပါအတိုင်း

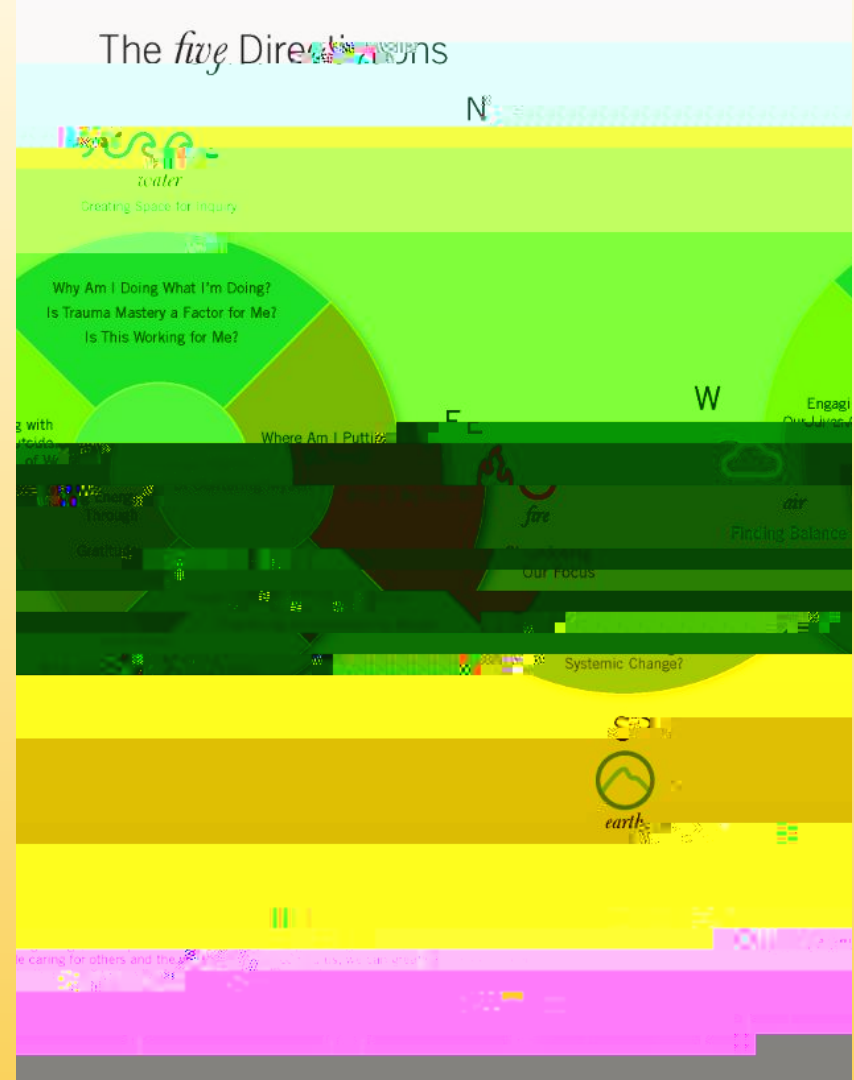
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The "Five" Directions of



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

South: Building Compassion & Community

Practice self-compassion

Practice compassion for
others

Reflect on your role models
and community



Practicing Trauma Stewardship

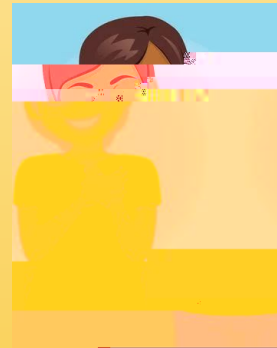
West: Finding Balance



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

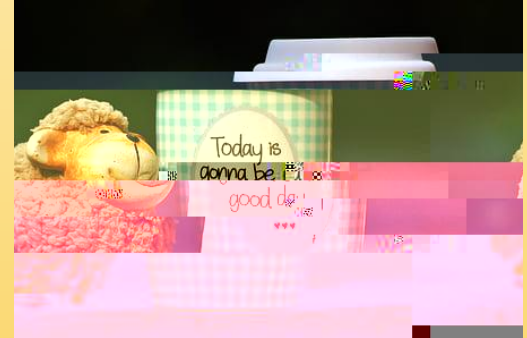
Take breaks during the work day

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