

Compassion Satisfaction

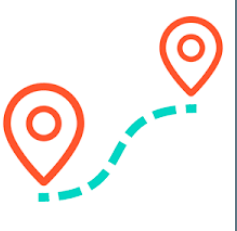


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Compassion Satisfaction can be defined as feeling for someone in a manner that allows you to help & support without taking on their anguish as a solution or outcome.

Transforming the Pain (Saakvitne & Pearlman, 1996)



Compassion Fatigue is a “disorder that affects those who do their work well.”

“It is characterized by deep emotional and physical exhaustion and by a shift in the helper’s sense of hope and optimism about the future and the value of their work.”

(Dr Charles Figley, 1995)

Vicarious Trauma is “the transformation of the helper’s inner experience, resulting from empathic engagement with another’s traumatic material.”

Burnout is a different concept and a potential outcome of challenging work.

- * V.T. is inevitable and also unique to the individual/situation.
- * Burnout is avoidable and typically will require support to return that individual to a healthy baseline of functioning.

12 MONTHS AS A TEACHER

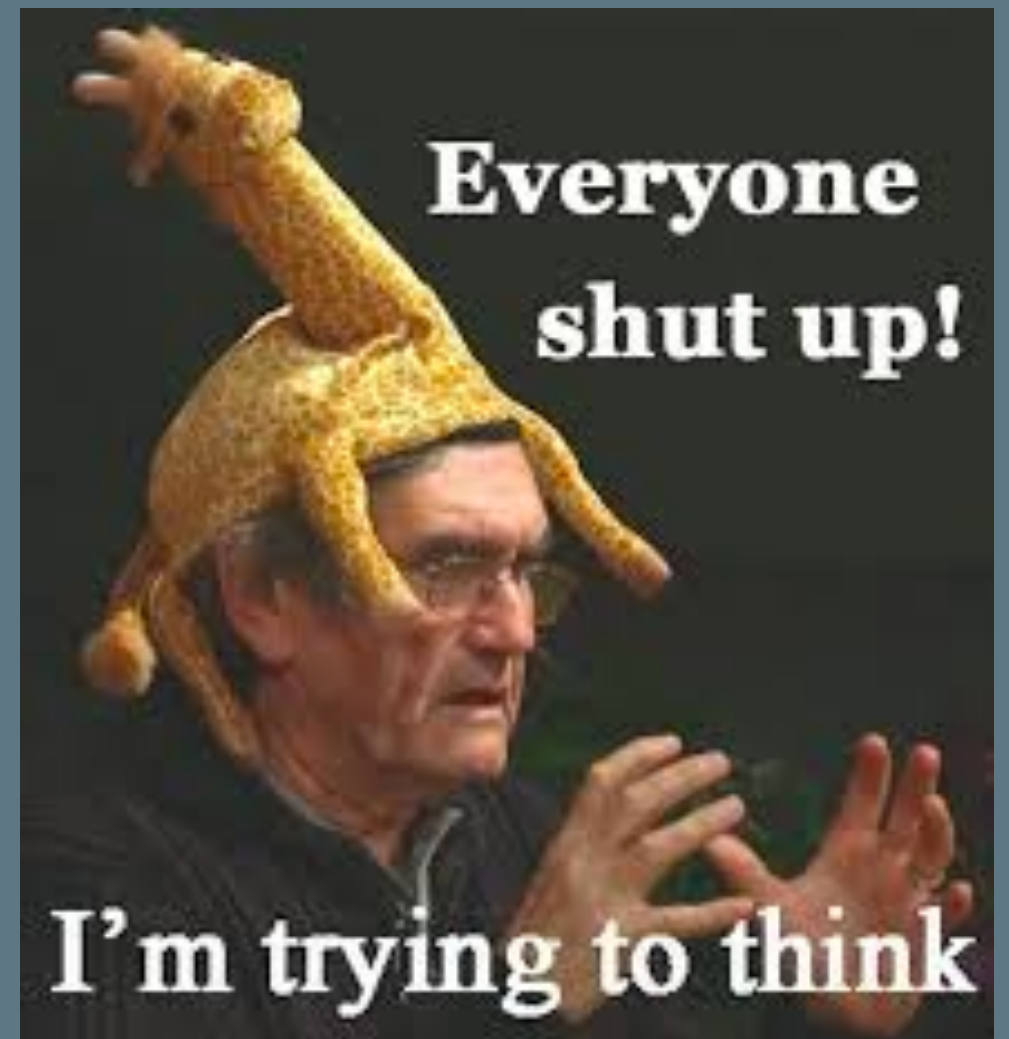
@BORED_TEACHERS



Signs of Compassion Fatigue

Cognitive

- poor concentration
- pre-occupation
- rigidity
- perfectionism
- minimization
- cognitive saturation



What to do??

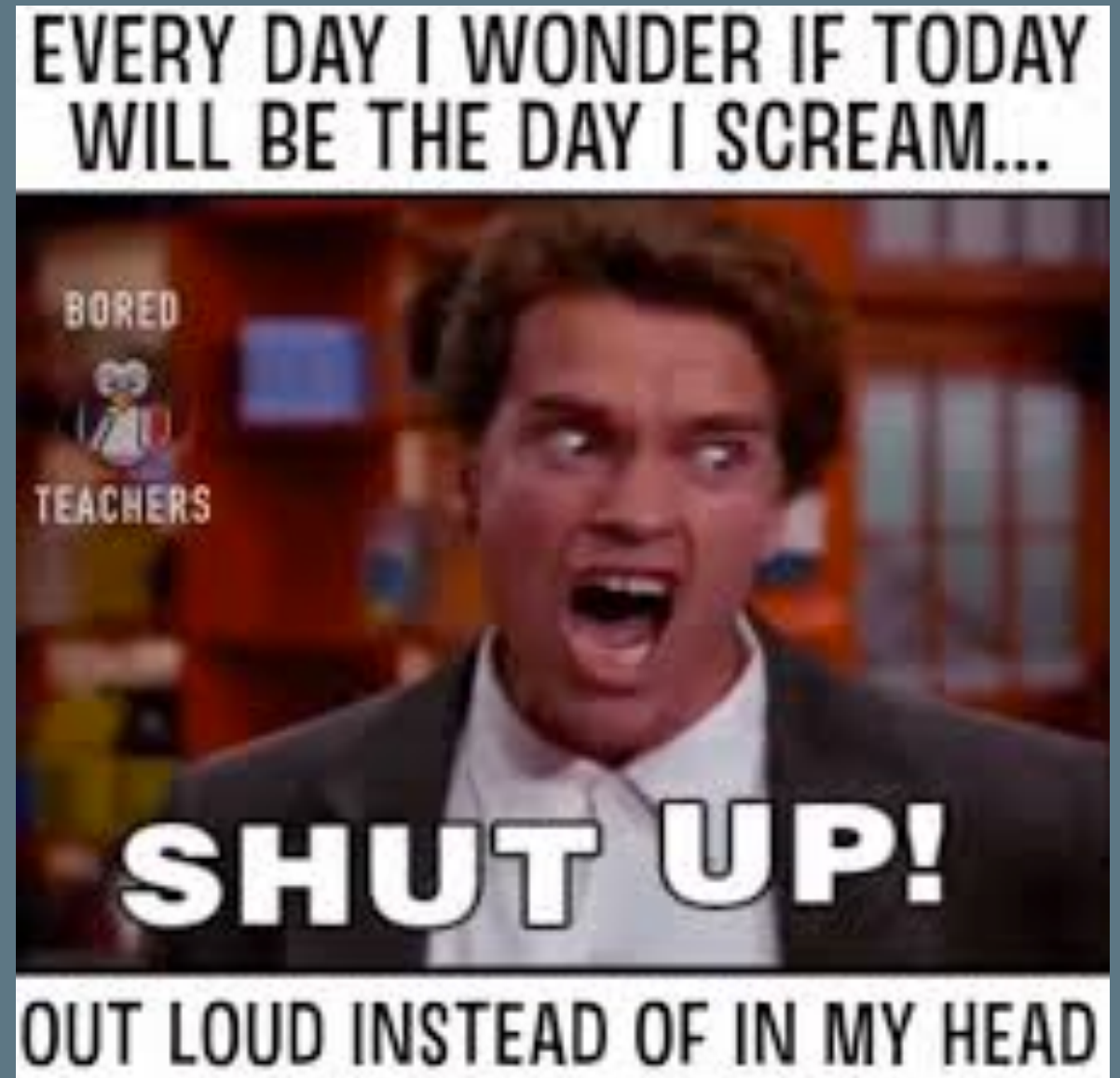


- Do one thing at a time- temporarily stop multi-multi-tasking
- Eliminate unnecessary input
- Take short and effective breaks
- Water, food, & exercise
- Prioritize sleep
- Make lists, take time to organize, & let some things go
- Self-compassion

Signs of Compassion Fatigue

Emotional

- guilt
- anger
- numb
- fearful
- anxious
- hypersensitive
- hopeless
- defeated

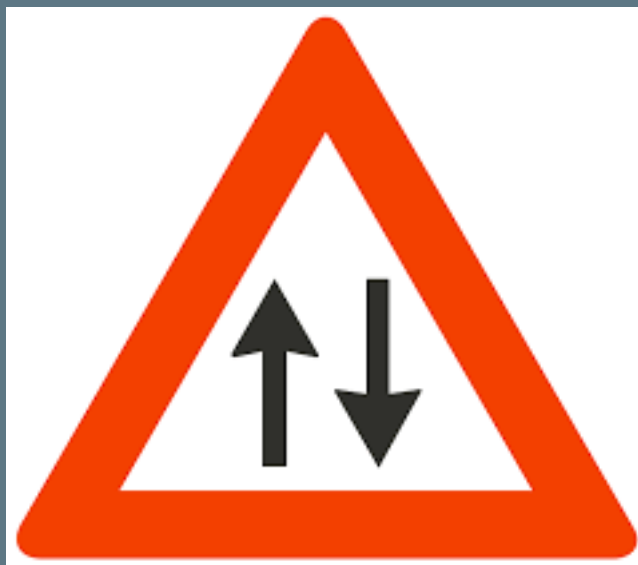


What to do??

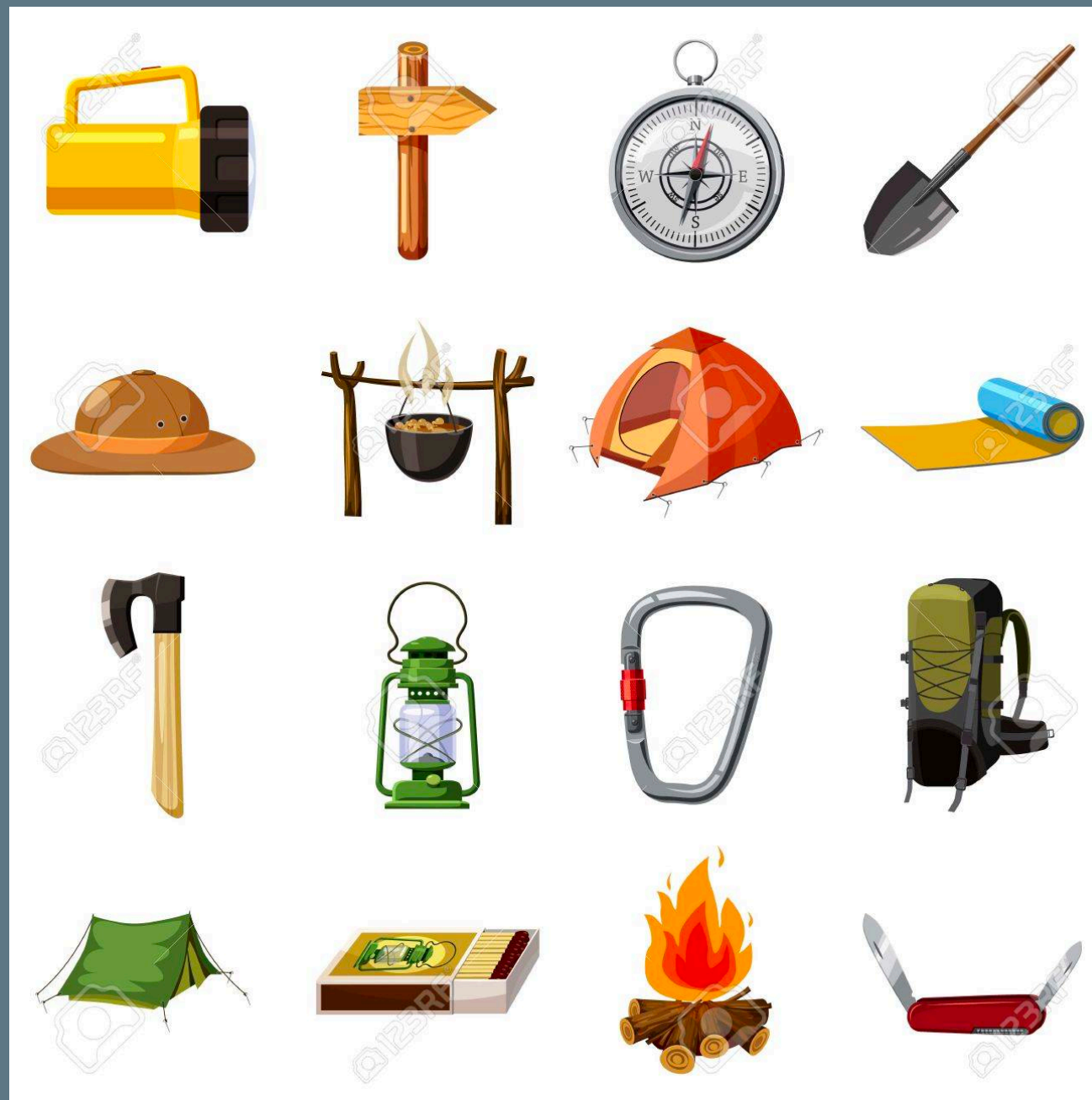


- Identify your emotions.
- Do not try to explain or rationalize them- just feel them.
- Identify your needs.
- Ask for help, make a plan, & meet your own basic needs.
- Notice the good & pause to appreciate it.
- Do things that bring you calm & joy.

What are your signs?



What are some of the perspectives, approaches, & tools that we need to be resilient as a school community?



Resiliency Factors of the Care Provider

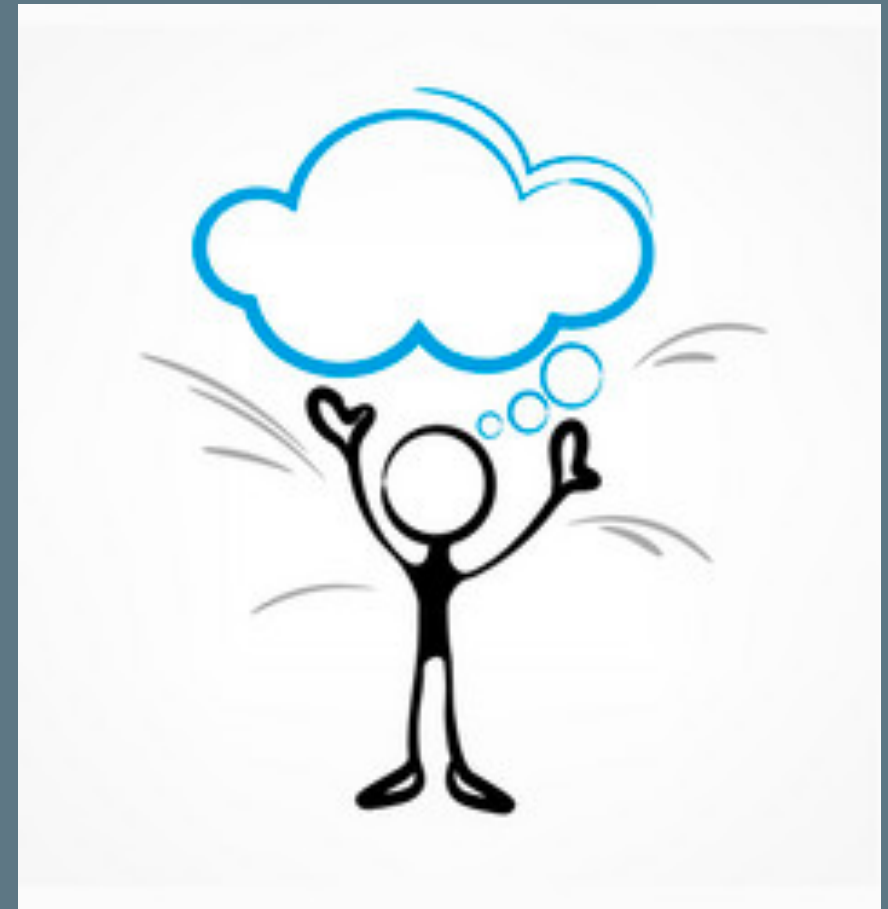
- resourcefulness
- social support
- compassion with healthy detachment
- having vision, goals, and purpose
- altruism
- emotional hardiness and flexibility
- humor
- optimism and hope
- flexibility & an open mind
- adaptability
- active approach to problem solving
- healthy, accurate self-esteem
- spirituality

A shared mission in which we believe in what we are doing even when it seems like a leap of faith.

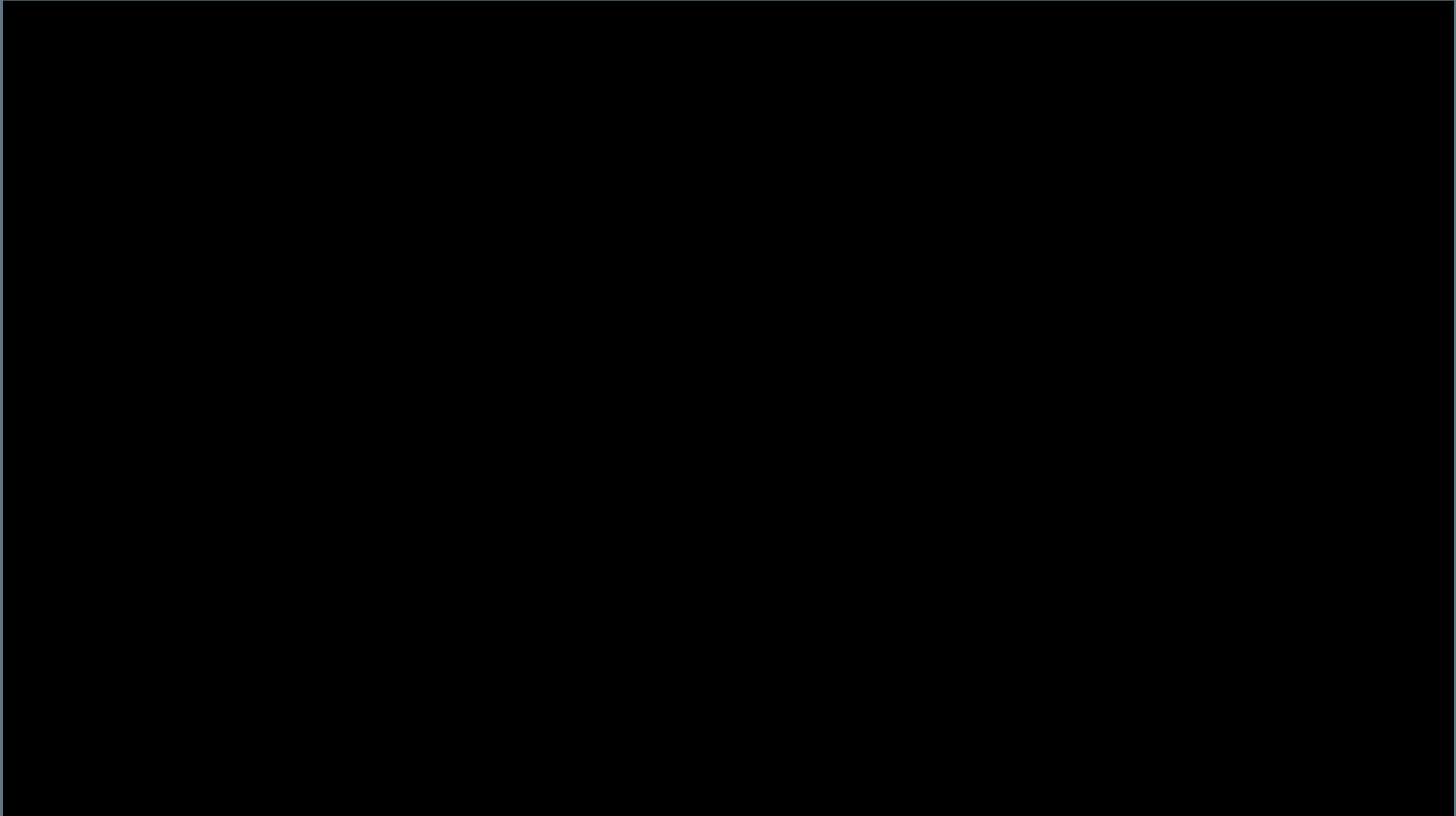


Productive venting skills

- Productive venting!
- Tell the title and not the whole article.
- Listen without trying to “fix” or “solve.”



Listen without trying to solve or fix ...



Communication



- Stay on your trail. Help set the pace & contain.
 - This approach helps you sustain & increases the student's sense of safety.
- Share the themes and not the details.
 - This approach protects privacy & our brain from overwhelm, despair, and saturation.

Seek mentorship- what would people who have been doing this longer than you suggest?



What idea, concept, or habit do you wish to retire today?

What idea, thought, or action do you wish to remember?



A great link to read and learn more.

<https://www.kqed.org/mindshift/52281/secondary-traumatic-stress-for-educators-understanding-and-mitigating-the-effects>