Compassion Fatigue, Burnout, & The Strengths-Based Workplace
Why this workshop?
Objectives for this Presentation...

At the conclusion of this presentation, participants will be able to:

• Define, recognize and distinguish the professional health-risks of compassion fatigue and burnout (CFBT).

• Understand the most common risk factors for the development of compassion fatigue and burnout (CFBT) among helping professionals; and assess one’s own personal level of risk.

• Describe the elements of an effective approach to recovery from compassion fatigue and burnout (CFBT).

• Understand and cultivate a variety of research-supported protective factors against CFBT within ourselves, and within our work settings.
Defining Burnout
Defining Burnout

- **Burnout** is a state of physical, emotional, and mental exhaustion acquired through involvement in emotionally demanding situations.

- A “**process**”, not a fixed condition which typically includes:
  - gradual exposure to job strain
  - erosion of idealism
  - a void of achievement
  - an accumulation of intensive contact with clients

- **Symptom categories**
  - **Physical** (fatigue, depletion, sleep difficulty, somatic problems)
  - **Emotional** (irritability, anxiety, depression, guilt, sense of helplessness)
  - **Behavioral** (aggression, callousness, pessimism, defensiveness, cynicism, substance abuse)
  - **Work-related symptoms** (quitting the job, poor work performance, absenteeism, tardiness, misuse of work breaks, thefts)
  - **Interpersonal symptoms** (perfunctory communication, inability to concentrate or focus, withdrawal from colleagues/students/clients, dehumanizing students/clients)
Defining Compassion
Fatigue
Defining Compassion Fatigue

- People can be traumatized either directly or indirectly

- The essential feature of traumatic stress is the development of symptoms following exposure to an event that involves threatened death, injury, or other threat to one’s physical integrity; or witnessing such events occurring to others; or learning about unexpected or violent death, serious harm, or threat of death or injury experienced by a family member or other close associates.

- **Secondary Traumatic Stress Symptoms:**

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Reexperiencing the Traumatic Event</th>
<th>Avoidance/Numbing of Reminders</th>
<th>Persistent Arousal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious threat to traumatized person</td>
<td>Recollections of the event/TP</td>
<td>Efforts to avoid thoughts/feelings</td>
<td>Difficulty falling or staying asleep</td>
</tr>
<tr>
<td>Sudden destruction of TP’s environs</td>
<td>Dreams of event/TP</td>
<td>Efforts to avoid activities/situations</td>
<td>Difficulty concentrating</td>
</tr>
<tr>
<td></td>
<td>Sudden reexperiencing of event/TP</td>
<td>Psychogenic amnesia</td>
<td>Hypervigilance for the TP</td>
</tr>
<tr>
<td></td>
<td>Reminders of the TP</td>
<td>Diminished interest in activities</td>
<td>Exaggerated startle response</td>
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<td>Detachment/estrangement from others</td>
<td>Physiologic reactivity to cues</td>
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<tr>
<td></td>
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<td>Diminished affect</td>
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<td></td>
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<td>Sense of foreshortened future</td>
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</tbody>
</table>

- Persistent Arousal
  - Difficulty falling or staying asleep
  - Difficulty concentrating
  - Hypervigilance for the TP
  - Exaggerated startle response
  - Physiologic reactivity to cues
The Nature of Risks for Compassion Fatigue & Burnout

The same qualities that make effective counselors and helpers also place them at highest risk:

1. The constant presence of trauma-inducing factors.

2. Empathy is a major resource for helping but also a key factor in the induction of traumatic material.

3. Most people have experienced some trauma in their own lives, and there is risk of overgeneralizing ones experience to the student/client, and overpromoting one’s own coping/recovery methods.

4. Unresolved issues of the helper will be activated by reports of similar issues in clients.

5. Childhood trauma is especially provocative for helpers; from reports of childhood trauma by adults, or exposure to traumatized children.
Rates of Burnout Risk across Helping Professions

- Fire/EMS (n=73): 11 (0%), 20.5 (11%), 68.5 (68.5%), 82.3 (82.3%)
- School Health (n=63): 14.5 (22.7%), 3.2 (5%), 25.1 (39.6%), 43.1 (68.2%)
- Alcohol/Drug (n=263): 32.3 (12.3%), 25.1 (9.5%), 64.6 (24.4%)
- Social Workers (n=48): 8.3 (17.2%)
Rates of Compassion Fatigue Risk across Helping Professions

- Fire/EMS (n=73): 32.8
- School Health (n=63): 23.8
- Alcohol/Drug (n=263): 27.8
- Social Workers (n=48): 23

Legend:
- Green: 17.8
- Yellow: 20.6
- Red: 25.1
- Orange: 46
- Purple: 55.5
- Blue: 49.3
- Pink: 58.4
THE BURNOUT MODEL

GOALS & EXPECTATIONS

UNIVERSAL

GROUP SPECIFIC

PERSONAL (Idealized self)

Supportive Environment
Presence of positive features
Absence of negative features

Goals and Expectations Achieved

Success

Stressful Environment
Presence of negative features
Absence of positive features

Goals and Expectations Not achieved

Failure

Existential Significance

Burnout

A MODEL OF COMPASSION FATIGUE

COMPASSION STRESS
(secondary traumatic stress)

Prolonged Exposure

Degree of Life Disruption

Traumatic Recollections

COMPASSION FATIGUE

Adapted from Figley, 1994, with permission
A MODEL OF COMPASSION STRESS

- Empathic Ability
  - Emotional Contagion
  - Empathic Concern
- Empathic Response
- Disengagement
- Sense of achievement
- Compassion Stress

Adapted from Figley, 1994, with permission
An Accelerated Recovery Program for Compassion Fatigue

Gentry, Baranowsky & Dunning

A brief intervention protocol, emphasizing...

- The therapeutic alliance
- Symptom identification
- Recognition of compassion fatigue triggers
- Identification and utilization of resources
- Contracting for life enhancements
- Review of personal & professional history to the present day
- Master arousal reduction methods
- Learning grounding and containment skills
- Resolving impediments to efficacy
- Initiating conflict resolution
- Designing and implementing a supportive aftercare plan of self-care
Is there a “bright side” to the experience of Crisis?

- Rates of “benefit from adversity: range from 45% to 90% of persons studied
- Health adversities
- Natural disaster
- Criminal victimization
- Grief
- Combat
The Search for Protective Factors

Compassion Exhilaration

The Keystone of high achievement and happiness is exercising your strengths, not overcoming your weaknesses

M.E.P. Seligman

Networks

Hope

Resilience

Optimism

Sense of Coherence

Personal Empowerment

Strengths-Based Workplaces
<table>
<thead>
<tr>
<th>Protective Factor</th>
<th>CF</th>
<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sense of Coherence</td>
<td>-.725***</td>
<td>-.602***</td>
</tr>
<tr>
<td>Compassion Satisfaction</td>
<td>-.412**</td>
<td>-.385**</td>
</tr>
<tr>
<td>Optimism</td>
<td>-.400**</td>
<td>-.410**</td>
</tr>
<tr>
<td>Hope</td>
<td>-.331*</td>
<td>-.323*</td>
</tr>
<tr>
<td>Co-worker support</td>
<td>-.452**</td>
<td>-.430**</td>
</tr>
<tr>
<td>Fun</td>
<td>-.432**</td>
<td>-.443**</td>
</tr>
<tr>
<td>Family/Social support</td>
<td>-.386**</td>
<td>-.350**</td>
</tr>
<tr>
<td>Supervision</td>
<td>-.276*</td>
<td>-.261a</td>
</tr>
</tbody>
</table>
An Ecological Model for the Prevention of Compassion Fatigue

**INDIVIDUAL**

**PHYSICAL**
- Body work
- Sleep
- Nutrition

**PSYCHOLOGICAL**
- Life balance
- Relaxation
- Contact with nature
- Creative expression
- Skill development
- Meditation / Spiritual practice
- Self-awareness
- Humor

**SOCIAL**
- Social support
- Getting help
- Activism

**PROFESSIONAL**
- Balance
- Boundaries / Limit setting
- Getting support / Help
- Plans for coping
- Professional training
- Evaluation of own healing
- Job commitment
- Replenishing

**ENVIRONMENTAL**

**FAMILY**
- Assessment of family support system
- Education of family supporters

**SOCIAL**
- Re-evaluation of support system
- Education of social support system

**SOCIETAL**
- Educational strategies
- Coalition building
- Legislative reform
- Social action

**WORK SETTING**
- Physical setting
- Value system
- Job tasks and personnel guidelines
- Supervisory / Management support
- Collegiality
The Strengths-Based Workplace
Organizational Practices that Sustain Values

- Its ironic that just as many businesses in the corporate world are learning to embrace respect and empowerment values toward employees that much of contemporary Human Services systems are characterized by worker exploitation, and a fierce “factory” mentality.

- Employment security and mutual commitment
- Selective recruiting for cultural fit as well as skill
- Investment in training and developing the skills and capabilities of employees
- Decentralization of decision making and the delegation of substantial authority
- Pay and other rewards that are contingent on group and organizational, as well as individual performance
- Broad sharing of information within the organization
The Strengths-Based Workplace

Buckingham & Coffman (1999). *First, break all the rules*

- I am extremely satisfied with workplace
- I know what is expected of me at work
- At work, I have the opportunity to do what I do best everyday
- In the last seven days, I have received recognition or praise for doing good work
- I have the materials and equipment I need to do my work right
- My supervisor, or someone at work seems to care about me as a person
- There is someone at work who encourages my development
- At work, my opinions seem to count
  - The mission/purpose of my organization makes me feel my job is important
  - My associates are committed to doing quality work
  - I have a best friend at work
  - In the last six months, someone at work talked with me about my progress
  - This last year, I have had opportunities at work to learn and grow
## Work Environment Features leading to Burnout

<table>
<thead>
<tr>
<th>PSYCHOLOGICAL</th>
<th>PHYSICAL</th>
<th>SOCIAL</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COGNITIVE</strong></td>
<td><strong>FIXED</strong></td>
<td><strong>SERVICE RECIPIENTS</strong></td>
<td><strong>BUREAUCRATIC</strong></td>
</tr>
<tr>
<td>- Autonomy</td>
<td>- Structure</td>
<td>- Numbers</td>
<td>- Red tape</td>
</tr>
<tr>
<td>- Variety</td>
<td>- Space</td>
<td>- Problems</td>
<td>- Paperwork</td>
</tr>
<tr>
<td>- Overload</td>
<td>- Noise</td>
<td>- Relations</td>
<td>- Communication problems</td>
</tr>
<tr>
<td><strong>EMOTIONAL</strong></td>
<td><strong>FLEXIBILITY TO CHANGE</strong></td>
<td><strong>CO-WORKERS</strong></td>
<td><strong>ADMINISTRATIVE</strong></td>
</tr>
<tr>
<td>- Significance</td>
<td>-</td>
<td>- Work relations</td>
<td>- Rules and regulations</td>
</tr>
<tr>
<td>- Actualization</td>
<td>-</td>
<td>- Sharing</td>
<td>- Policy influence</td>
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<td>- Growth</td>
<td>-</td>
<td>- Time out</td>
<td>- Participation</td>
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<td>- Support</td>
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<td><strong>SUPERVISORS &amp;</strong></td>
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<td></td>
<td><strong>ADMINISTRATORS</strong></td>
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<td>- Feedback</td>
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<td>- Rewards</td>
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The fundamental unit of the new economy is not the corporation but the individual. Tasks aren’t assigned through a stable chain of management, but rather are carried out by autonomously independent contractors…join(ed) together in fluid and temporary networks to produce and sell goods and services…when the job is done, the network dissolves and its members become independent agents again, circulating through the economy, seeking the next assignment.

Malone & Laubacher in Harvard Business Review

When is the last time you asked yourself what you wanted to be?

You are:
• Your Rolodex
• Your Projects
• Your Clients

Thinking like an Independent Contractor
(Welcome to Free Agent Nation)

Becoming YOU, Inc.

Do a Personal Equity Evaluation

Eight Hats to wear:
• Marketing
• Product development
• Operations
• Client service
• Sales
• Information management
• Time management
• Planning
It’s a Brand You World
(For a personal tour of Brand You World see www.tompeters.com)

• I am known for (2-4 things). By this time next year I plan also to be known for (1-2 more things).
• My current project is challenging me in the following (1-3) ways.
• New stuff I’ve learned in the last 90 days includes (1-3 things)
• Important new additions to my Rolodex in the last 90 days include (2-4 names)
• My public (local, regional, national) visibility program consists of (1-2 things)
• My principle “resume enhancement activity” for the next 90 days is (1 item)
• My resume/CV is discernibly different from last year’s on this date in the following (1-2) ways.
• Today’s date:_______________