

Creative
Tools for
Transforming
Compassion
Fatigue and
Vicarious
Traumatization

THE COMPASSION FATIGUE WORKBOOK

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The Compassion Fatigue Workbook: Creative Tools for Transforming
Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress
Series)



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The Compassion Fatigue Workbook is a lifeline for just about any helping professional facing the physical and emotional exhaustion that may shadow work in the helping professions. Topics protected include: understanding compassion fatigue and vicarious trauma sign checklist targeting areas for strategic preparing understanding indicators assessing contributing elements evaluating self-treatment determining triggers solutions: personal, professional and organizational strategies. It offers concrete ways of help the reader develop a personalized plan for determining and transforming compassion exhaustion and vicarious traumatization. In addition to a comprehensive explanation of compassion fatigue and vicarious traumatization, The Compassion Exhaustion Workbook leads the reader through experiential actions designed to target particular areas within their personal and professional lives. Since 2001 the actions in this Workbook possess helped thousands of helpers in the areas of health care, community mental health, correctional providers, education, and the armed service.



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A nice workbook A nice book, but We returned it. Francoise is a superb writer and also an excellent presenter. A classic Life Saver for Me I use grandparents raising their grandchildren in Palm Seaside County, Florida. After 2 yrs of hearing their tales and experiencing their emotions on a monthly basis, I was burned out. So practical, accessible. Great resource This book includes a lot of practical information on Compassion Fatigue. I know the backstory of burnout and am living it, I need the part two version of what to do when youve reached level 9 of burnout. I've seen her discuss compassion exhaustion twice in Kingston and everyone agrees that she is an extremely dynamic and interesting loudspeaker.. Five Stars Good source and easy read. Compassion fatigue This book is simple too easy to comprehend and I would suggest it for anyone who's dealing with compassion fatigue people or yourself. Has good details to have some kind of work Shop or small group conversation So practical, accessible. Francoise has deepened my understanding . Compassion fatigue That is quite remarkable addition to a growing body of literature on this subject. The worksheets and information are exactly what I was looking for as I am developing an in-house crisis training workshop for our workers. This reserve and the exercises has helped me make contact with myself. Good source of information Easy to comprehend and make use of. Clarifying a lot about compassion exhaustion. Well worth exploring. Thank you! Greatest workbook to clarify compassion fatigue Best workbook! I'm going to be buying six for my staff! Think many have dealt with compassion fatigue and been diagnosed wrong.! Francoise provides deepened my understanding of the way secondary trauma impacts me as a professional and provided me betters equipment to counteract it.. I first encountered this reserve as I found myself coping with secondary trauma as the consequence of my counseling and teaching work. It was extremely beneficial to me and I've recommended it to others. Everyone in the cultural services field should examine this, because even if you are not totally burnt out you will find things you are performing everyday are negatively impacting your place of work culture. Kept my focus. Five Stars Great condition Five Stars Great info and good read



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