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Self-Care

for

Career Development Practitioners





Outline

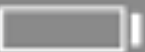
- **Brain Gym**
- **What is Compassion Fatigue and Burnout**
- **Self-care plan and research**
- **Self-care plan working groups**
- **Questions**

Brain Gym



The Reality of Compassion Fatigue & Burnout



0% 

Compassion fatigue



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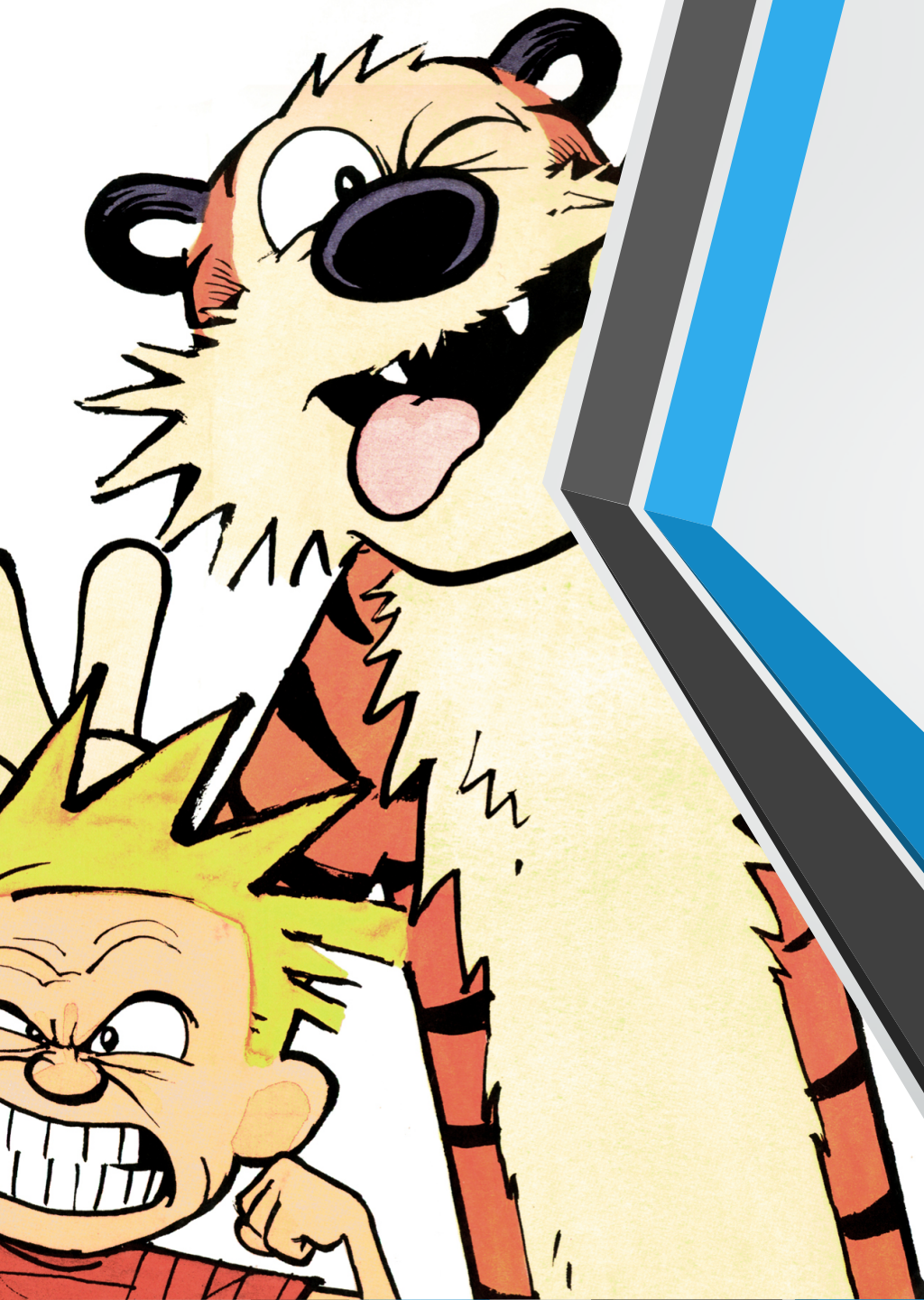
Compassion fatigue

- **State of tension and preoccupation with traumatized persons due to events disclosed or through helping (*empathy*)**
- **Deep physical, emotional, and spiritual exhaustion with emotional pain**
- **Result of a depletion of internal emotional resources**

Symptoms:

- **Difficulty sleeping**
- **Startle response**
- **Obtrusive thoughts and images of trauma clients/people**
- **Diminished capacity for intimacy, listening, communication, or sense of career purpose**
- **Loss of confidence, ineffective self-soothing, lower functioning level, loss of hope, dread of working with some people.**





The greatest gift you can give to somebody
is your own personal development.

I used to say, 'If you take care of me, I will
take care of you.'

Now I say, 'I will take care of me for you, if
you will take care of you for me.'

- *Jim Rohn*

Burnout



Burnout

- Emotional exhaustion, depersonalization, and reduced personal accomplishment
- Ultimately where perceived demands of the job outweigh the resources to do it.



"... Now if you have any problems day or night,
the nurse here can answer your text messages,
e-mail, faxes, and cell calls. . ."

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What helps?

- **Increase compassion satisfaction in work**
- **Create protective factors to address needed self-care**
- **Counselling/coaching**
- **Community resources**

Self-Care Plans

- **Research**
- **Non-negotiables**
- **Description of categories**



Self-care Working Groups





Questions