Compassion Fatigue: Connection to Trauma, Stages, and Assessments





RENEWAL vs. PATHOLOGY

Leaving the profession, physical and mental illness, chronic symptoms or hardiness, resiliency, transformation.

COMPASSION RESILENCE

Renewal vs. **LEAVE PROFESSION**

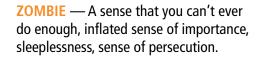
Pathology

Compassion Fatigue's Path

> (Cycle is from work of Eric Gentry, PhD, 2012)

ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

> **IRRITABILITY** — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.



WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.