



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

By Françoise Mathieu

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*The Compassion Fatigue Workbook* is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. Since 2001 the activities in this *Workbook* have helped thousands of helpers in the fields of healthcare, community mental health, correctional services, education, and the military. In addition to a comprehensive description of compassion fatigue and vicarious traumatization, *The Compassion Fatigue Workbook* leads the reader through experiential activities designed to target specific areas in their personal and professional lives. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization.

Topics covered include:

- understanding compassion fatigue and vicarious trauma
- symptom checklist
- targeting areas for strategic planning
- understanding warning signs
- assessing contributing factors
- evaluating self-care
- identifying triggers
- solutions: personal, professional and organizational strategies.

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- Sales Rank: #157173 in eBooks
- Published on: 2012-05-04
- Released on: 2012-05-04
- Format: Kindle eBook

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## **Editorial Review**

### **Review**

*"The author, a compassion fatigue specialist, is well qualified for her role, writing from her extensive experience as a crisis counsellor and a leader in vicarious trauma education in Canada. The Compassion Fatigue Workbook is to be highly recommended for students, practitioners, researchers and educators whose work and study revolve around the helping professions."* - **Melanie Hopkins, Forensic Psychotherapist, Priory Secure Services, Berkshire; and Dr Stephen Goss, Principal Lecturer, Metanoia Institute, Middlesex University.**

*"I could not be more delighted to see the publication of Francoise Mathieu's Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization. This comprehensive, engagingly written Workbook is full of accessible, compassionate tools and information that will provide immediate relief for every helper. Through self-disclosure as well as the actual words of many of our colleagues, Mathieu helps us to understand that we are not alone in being adversely affected by our beloved work. Wisely, the emphasis is on prevention where possible, including sensible advice to workplaces on how to better extend the work-life of their employees. And where compassion fatigue and vicarious traumatization have already taken hold, many tools are provided to ameliorate the impact and to help heal the helper. Mathieu's unique 'Making it Personal' sections gently and persistently return us to focus on ourselves, our own needs, and our own health. Every helping professional will benefit from this workbook."* - **Babette Rothschild, author of *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma***

*"Françoise Mathieu's writing is wonderful: she speaks from the heart, practitioner to practitioner, about the stressors and strains of human service work, particularly those that come from prolonged regular work with traumatized patients and clients. This is a book you help write by yourself and about yourself. That's why it is the workbook for trauma work."* - **Charles R. Figley, Tulane University, Louisiana, USA, and author of *Treating Compassion Fatigue***

*"I am so grateful to Francoise for choosing to write this. The insight, humor, and wisdom found within offer the reader abundant choices on how to work and live sustainably. This workbook will be of great service for individuals, organizations, and institutions for years to come."* - **Laura van Dernoot Lipsky, trauma worker and coauthor of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others***

*"Trauma workers will find much to reflect upon and engage with in these pages. The Compassion Fatigue Workbook will be especially valuable for those new to trauma work as they establish habits to sustain themselves. More experienced practitioners will also find opportunities to assess the impact of the work and develop new ways of responding to it."* - **Laurie Anne Pearlman, coauthor of *Transforming the Pain: A Workbook on Vicarious Traumatization and Trauma and the Therapist: Countertransference and Vicarious Traumatization in Psychotherapy With Incest Survivors***

*"Healthcare workers are born to help others. But they pay the price of that particular passion in burnout, vicarious traumatization, and compassion fatigue. Few experts know more about these things than Francoise*

*Mathieu. For years, she has been advising healthcare institutions and giving workshops to help nurses, doctors, and other healthcare providers recognize and deal with these challenges, and now her wisdom is available in an easy-to-read book filled with telling stories and great take-home information. This is a must-read for frontline healthcare providers and their supervisors." - Brian Goldman, host of CBC radio show "White Coat, Black Art"*

## **Users Review**

### **From reader reviews:**

#### **Jennifer Bryan:**

What do you ponder on book? It is just for students because they're still students or the item for all people in the world, what the best subject for that? Only you can be answered for that question above. Every person has different personality and hobby for each and every other. Don't to be forced someone or something that they don't need do that. You must know how great and important the book *The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization* (Psychosocial Stress Series). All type of book is it possible to see on many solutions. You can look for the internet solutions or other social media.

#### **Sharon Hardin:**

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the e-book untitled *The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization* (Psychosocial Stress Series) can be very good book to read. May be it can be best activity to you.

#### **Raymond Murray:**

Precisely why? Because this *The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization* (Psychosocial Stress Series) is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret the item inside. Reading this book adjacent to it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the book store hurriedly.

**Mathew Munz:**

Do you have something that you enjoy such as book? The reserve lovers usually prefer to choose book like comic, brief story and the biggest an example may be novel. Now, why not seeking The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series) that give your satisfaction preference will be satisfied through reading this book. Reading addiction all over the world can be said as the opportunity for people to know world much better then how they react toward the world. It can't be mentioned constantly that reading practice only for the geeky particular person but for all of you who wants to possibly be success person. So , for every you who want to start reading as your good habit, you can pick The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series) become your own starter.

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