



THE INTERNATIONAL CENTER
FOR HEALTH CONCERNS

“I Gave at the Office:”
Overcoming Compassion Fatigue

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Why this Course is Needed

Working with people, being a caregiver, can be a stressful job, with pressures to do more with less, to reduce costs, to advance professionally without funding for training. Caregivers feel overworked and underpaid. Counseling people has never been an easy job, dealing daily with life problems, such as alcohol and drug abuse, life-threatening problems, health and medical problems of clients, etc. Compassion fatigue is a leading cause of burnout in the healthcare industry, costing millions of dollars in sick time, disability and staff turnover annually.

Compassion fatigue is secondary victimization where the caregiver takes on the client's trauma. It results from the stress of wanting to help others, caring too deeply, becoming emotionally vulnerable to a client. Symptoms of compassion fatigue are physical, mental, spiritual exhaustion, loss of resiliency, blaming others for pain, and decreased productivity. Caregivers, counselors and supervisors need to care for each other by being aware of and addressing compassion fatigue when it occurs. There are concrete steps to take to address these issues. This course offers skills in identifying the problems and ways to motivate staff. It addresses the purpose of counseling, that which gives meaning in what we do. It challenges the participant to find serenity in their professional and personal life.

The course also provides a new vision for how to look at work and its role in our lives. Based upon Dr. Powell's book *Playing Life's Second Half: A Man's Guide to Moving from Success to Significance*, this course provides spiritual principles which can guide the work of any health care professional.

Course Objectives

At the completion of this course participants will be able to:

- Describe what is compassion fatigue, its signs and symptoms;
- Take an inventory of one's level of stress, burn out, fatigue;
- Describe a step by step plan to overcome and prevent compassion fatigue;
- Describe ways in which a counselor can find serenity amidst the rush of work;
- State what gives them satisfaction at work;
- State ten things that can be done to positively improve their outlook on work;
- State at least five spiritual principles to guide a counselor in avoiding burn out;
- Assess and explore one's career decisions and chosen professional path

About the Trainer

Dr. David Powell has been in the counseling field for thirty-nine years and has trained professionals around the world. He is an internationally recognized presenter and trainer. His seven books in the field are primary texts used in training.