Compassion Fatigue

39th Annual Governor’s Conference for the Prevention of Child Abuse and Neglect
Kansas Children’s Service League
Maner Conference Center, Capitol Plaza Hotel, Topeka, KS.
Wednesday, November 4th, 2015

In 1974, Carolyn Szafran obtained a Bachelor of Fine Arts Degree with a minor degree in secondary education from Washburn University. In 1977, she received a Masters of Science from Kansas State University with an emphasis in special education. She earned her Masters of Social Work Degree from the Kansas University in 1987 specializing in school social work.

Carolyn is a licensed specialist clinical social worker and her years of clinical practice have focused on helping women, children and families recover from family violence. Carolyn began teaching as an adjunct teacher at Washburn University August 1996 and became a full time Instructor/Field Coordinator in the Social Work Department in August 1999. Today, as a Certified Clinical Trauma Professional, she uses her clinical experience to help educate and support trauma therapists in acknowledging and addressing secondary stress conditions and self care as it pertains to professional ethical standards.

Social workers are exposed to traumatic events daily, and are often front line workers; the first contact to help individuals and families who have experienced traumatic stress. Social workers also work directly with survivors of natural disasters, war, childhood abuse (physical, emotional and sexual), domestic violence, and other types of traumatic events such as sexual trauma, rape, and violent crimes.

Researchers confirm that the impact of working with clients who are suffering from traumatic events will affect and transform all aspects of a caregiver’s life. The impact can be beneficial “Compassion Satisfaction” or detrimental “Burnout, Compassion Stress and Compassion Fatigue (McCann And Pearlman 1990) depending on how well we take care of ourselves.
Compassion Fatigue Training Goals

1. To maximize the potential for Compassion Satisfaction and enhance participants’ knowledge and insight of the importance of professional self-care to assure that social work services of the highest quality are provided to children, youth and families
2. To deliver information on primary and secondary stress reactions and conditions resulting from the exposure of trauma (Compassion Stress, Compassion Fatigue and Burnout)
3. To provide participants knowledge regarding personal and organization reactions and impact” to the witnessing of trauma and stress; “at risk symptoms and warning signs
4. To offer techniques and healthy coping strategies for staying open and available to the emotional needs of children, youth and families
5. To familiarize participant of Self-Care and Potential of Compassion Satisfaction, Risk for Burn Out and Compassion Fatigue assessment tools

Presentation Schedule

9:00 am - 11:30 am Part A

- Definition of Compassion Fatigue, Team work: Individual/organizational responsibilities, Definition of Self Care, Trauma Stewardship (small group discussion and sharing)
- Ethical Standards, Reflective Supervision (checklist), Environment Conditions Required for Health/Growth an organization (checklist)
- Professional Transformation Group Exercise “How have I been transformed working in child welfare?
- Beneficial Impact “Compassion Satisfaction” stewardship, Compassion, Empathetic, Resilient
- Detrimental “Burnout (Activity: Are you burning out?) Compassion Stress, Compassion Fatigue, Counter-Transference/Transference, and other Contributing Factors, Small Group Exercise “How have I been transformed working in child welfare? Risk Factors

11:30 am-1 pm Lunch own your own

1:00 pm- 3:00 pm Part B

- How do You Recover from Compassion Fatigue “Developing Self-Care Plan” : Acceptance, Intentionality, Connection/Support/Therapeutic Alliance, Resolution of Trauma Stress, Self-Care, Self-Management

3:00 pm -3:15 pm Break

3:15 pm-4:30 pm

- Continue “Developing Self-Care Plan” and discussion