

CSU Basic Needs Conference

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Compassion Fatigue: When Helping Hurts

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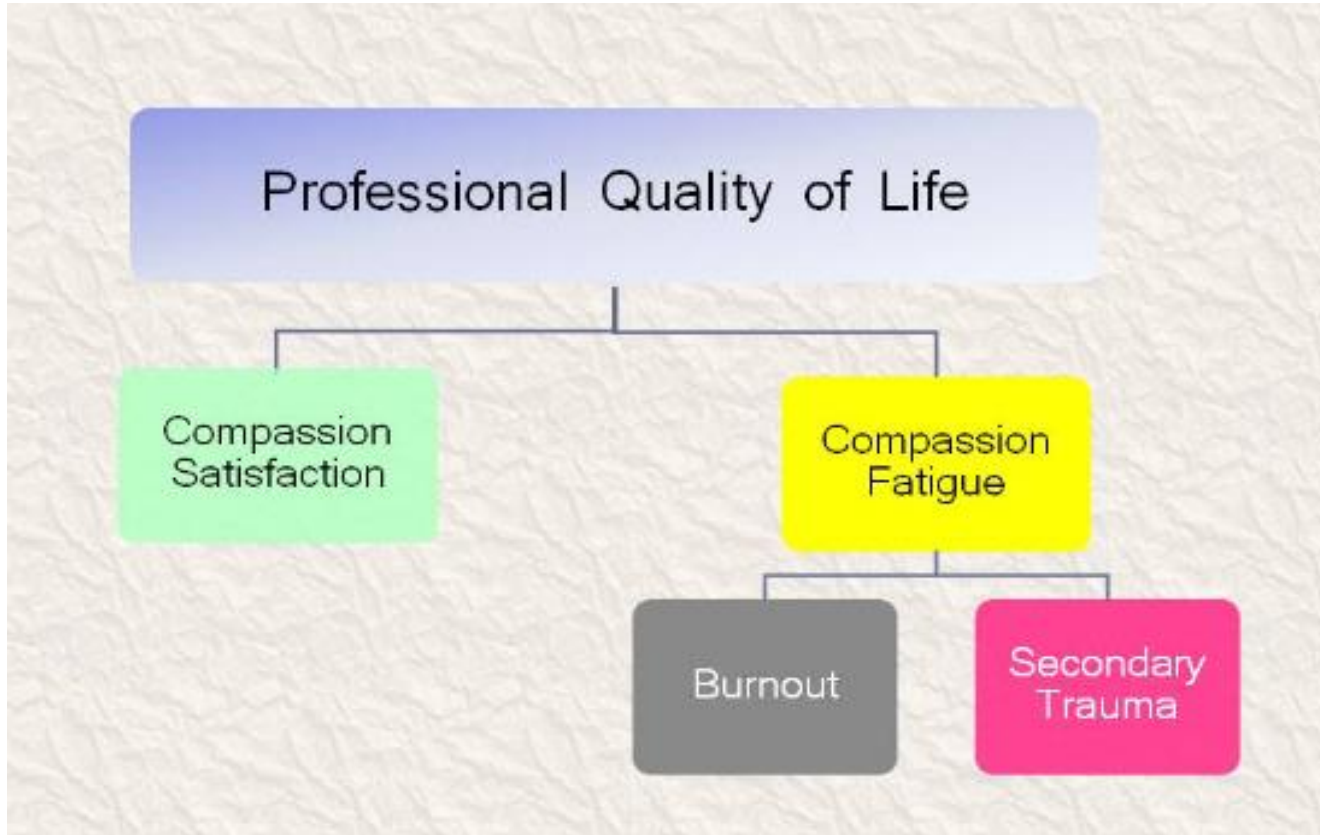
How we enter into this work?

Who's in the room?

- Why did you attend this workshop?
- What do you hope to gain from attending?

Workshop Goals

- Briefly discuss the concepts of compassion fatigue and compassion satisfaction
- Self-care questionnaire
- Share models of self-care (Internal and External)
- Share tips, tools, and resources for self-care



Compassion Fatigue

Highly treatable

Chronic exhaustion

Depersonalization (detached)

Feelings of inequity toward others. “why aren’t they working as hard?”

Irritability

Burnout

Effect of long term denial of personal needs

Reduced dedication

Emotional reactions

Deterioration of 1)Cognition 2)Motivation 3)Creativity

4) The capacity to differentiate (must be addressed now vs. can wait)

Impact on social and spiritual life

Decreased engagement

Secondary or Vicarious Trauma

The Victim Advocate and Title IX

Symptoms mimic those of PTSD

Reexperiencing of event

Hypervigilance & arousal (reactive)

Both Burnout and Secondary trauma may not resolve without intentional efforts which include time off, counseling, holistic approach to wellness



Self-Reflection Time...



Self-Care Questionnaire

<https://play.kahoot.it/#/?quizId=91b6e14c-079a-4c45-af13-9557ee382760>



How do we manage compassion fatigue?

Counseling Center at Fresno State

Informal survey responses

Gratitude Tree, Walking trails

Meditation, Music, Exercise, Consultation

Spending time with friends a family

Excessive Pinterest searches...twitter...instagram

Extreme inappropriate laughter

Avoidance and then marathon catch up

Obsessive shoe buying

Excessive Amazon buying and returning

We take everything seriously...We take almost nothing seriously



Model of Self Care (Internal)

Self-Compassion

- Self-kindness vs. self judgement
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification



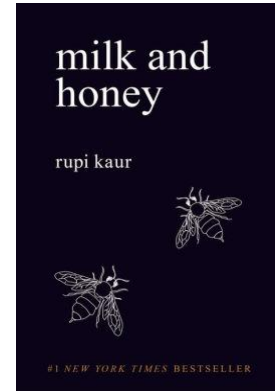
Share Your Ideas



shine

A daily text to start your morning right.

shine



#positivypulse



Life is Better with Friends!



Spirituality

- Set a morning ritual.
- Set an evening ritual.
- Check your emotional temperature.
- Engage your senses.
- Give your eyes a feast.
- Write letters to yourself.
- List your loves every day.
- Have meetings with yourself.



Models of Self-Care (External)

1. Go for a run or a light jog.
2. Meditate or do deep breathing for five minutes.
3. Take a break when you need it.
4. Choose who you spend time with.
5. Laugh heartily at least once a day.
6. Eat green daily.
7. Avoid emotional eating.
8. Start a journal.
9. Learn to say 'No.'
10. Stop overthinking.

How Can Supervisors Help...

Emphasize and talk about self care

Model self care

Encourage staff

Recognizes the stress of job

Flexibility on schedule / allows for days off

Video

[An Experiment in Gratitude | The Science of Happiness](#)



Resources

Websites

<http://www.proqol.org>

<http://self-compassion.org>

<https://swissharmony.com/burnout-what-is-it/the-phases-of-burnout>

www.nctsn.org/resources/topics/secondary-traumatic-stress

Articles

<https://spiritualityhealth.com/articles/2017/03/31/7-self-care-practices-support-you>

<https://www.forbes.com/sites/payout/2017/09/19/practicing-self-care-is-important-10-easy-habits-to-get-you-started/#16e6ed55283a>

Videos

<https://youtu.be/oHv6vTKD6lg>

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Thank You!

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