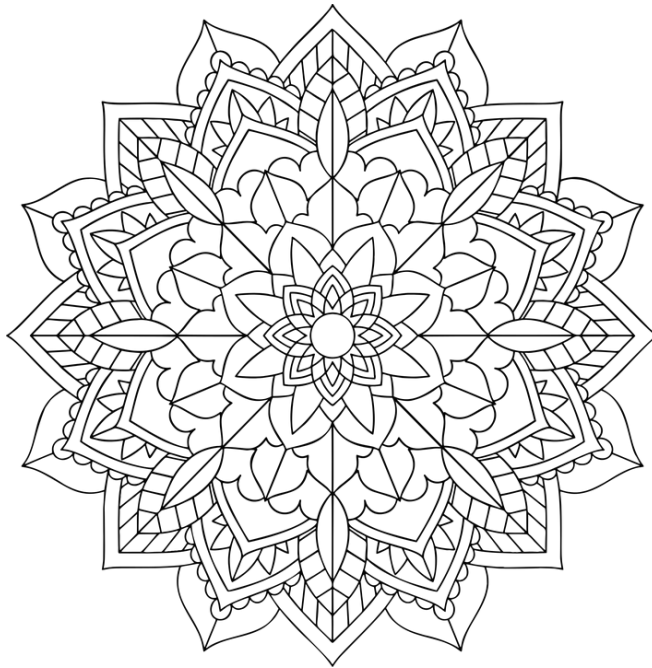


Mitigating the Effects of Vicarious Trauma and Compassion Fatigue within the Helping Professions

Workbook 2019



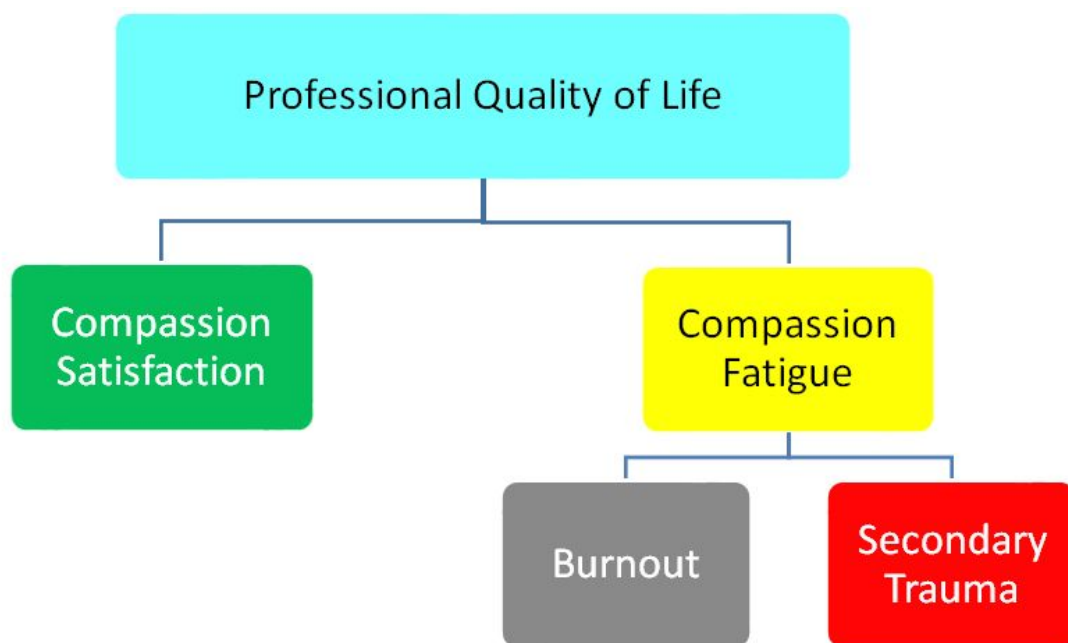
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The *Professional Quality of Life Scale (ProQOL)*

Complete ProQOL

- Independently score
- Discussion in small groups

CS-CF Model



In small groups..

What might FIGHT, FLIGHT and/or FREEZE look like in the workplace?

Notes:



Write down three signs of Compassion Fatigue/STS you have experienced in the past month:

1.

2.

3.

Write down three signs of Compassion Satisfaction you have experienced in the past month:

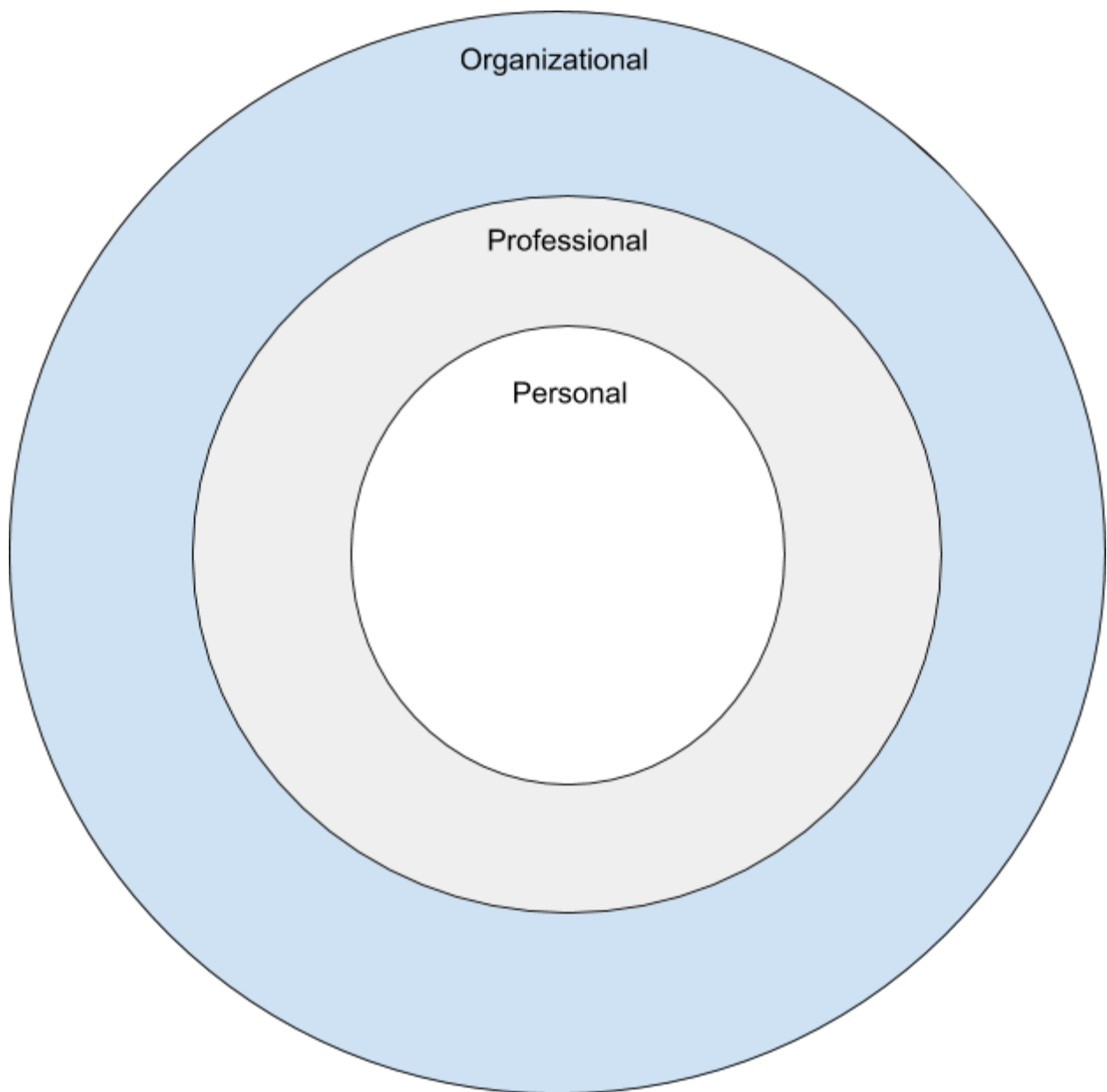
1.

2.

3.



Personal/Professional/Organizational Factors



How do you define wellness? Brainstorm:

What are ways you attend to wellness in the different areas of the Wellness Wheel?



Personal Wellness Plan

Remember SMART GOALS! Simple, Measurable, Achievable, Realistic and Timely

1. Personal Problem Statement:

Long Term Goal:

Short Term Objective:

Target Date:

2. Professional Problem Statement:

Long Term Goal:

Short Term Objective:

Target Date:

3. Organizational Problem Statement:

Long Term Goal:

Short Term Objective:

Target Date:

