



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

*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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