



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

*Françoise Mathieu*

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

*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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A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series) it is extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book features high quality.

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