

Exposure to trauma has an impact on even the most skilled professional. For some it can be an occupational hazard of the work, it might be inevitable. This does not mean we are powerless.

### For those interested in peer supervision

<http://www.coachingmentoring.co.nz/articles/peer-supervision-no-one-knows-much-all-us>

### For those interested in wellness strategies

[https://cdn.ymaws.com/www.nzva.org.nz/resource/resmgr/docs/other\\_resources/NZVA\\_Vets\\_Wellbeing\\_booklet.pdf](https://cdn.ymaws.com/www.nzva.org.nz/resource/resmgr/docs/other_resources/NZVA_Vets_Wellbeing_booklet.pdf)

### For inquiries

[wildbase@massey.ac.nz](mailto:wildbase@massey.ac.nz)



The infographic is a vertical strip with a teal background. At the top, three rounded rectangular boxes contain text: 'Insensitive or hypersensitive to emotional material', 'Literally cant think outside the box Stress = stereotypical thinking', and 'Person becomes hard to work with'. Below these are three images: a person covering their face labeled 'Emotional', a person's head with gears labeled 'Cognitive', and silhouettes of people labeled 'Interpersonal'. In the center is a large circular image of a person curled in a ball inside a fishbowl. Below this are three more images: a person slumped over a desk labeled 'Behavioural', a person's hand holding a candle labeled 'Spiritual', and a person holding their head in pain labeled 'Somatic'. At the bottom, three more rounded rectangular boxes contain text: 'Hyper-vigilance over patients and co-workers Lowered tolerance for frustration', 'Questioning life's meaning, pervasive hopelessness, loss of purpose', and 'Sweating, rapid heartbeat, breathing difficulty, aches and pains'.

Compassion fatigue can impact many areas of a persons life.



MASSEY UNIVERSITY

# Compassion Fatigue

*Don't let it define you*



# Wildbase and Massey University School of Social Work collaborated to investigate...

## The potential for compassion satisfaction, through research.

Exploring Wellness of Wildlife Carers in NZ: A Descriptive Study (Yeung, White & Chilvers, 2017).

This work has provided a preliminary understanding of the potential for compassion satisfaction (CS) and the risk of Compassion Fatigue (CF) among wildlife carers within NZ.

Working in caring professions can create a susceptibility to compassion fatigue and burnout.

There are tools and strategies that can help:

1. Low impact debriefing
2. Peer supervision

It can be useful to know the difference between burnout and compassion fatigue

Burnout	Compassion Fatigue
Reflective of where you work	Nature of the work
Can be found in all occupations	Disorder of those that do their job well
Result of frustration with inability to achieve work goals. Feelings of powerlessness or being overwhelmed	Gradual erosion of the compassionate side of our nature for ourselves and those we are helping
<b>Key point: No direct exposure to trauma</b>	<b>Key Point: Exposure to trauma</b>



There are tools such as low impact debriefing using four key strategies to mitigate the effects of compassion fatigue

<b>1: Increase Self-Awareness</b>	How do you debrief when you have heard or seen hard things? Do you always share all of the graphic details? Are you aware of the reactions of the other person or who is receiving the information
<b>2: Fair Warning</b>	Before you tell anyone around you a difficult story, you must give them fair warning Don't hijack people, they will be more receptive if you don't
<b>3: Consent</b>	Does your colleague know you are about to share something difficult?
<b>4: Low Impact Disclosure</b>	Now that you have received consent from your colleague, you decide how much to disclose. Are they aware that you are about to share graphic details? Are you to control the flow How much detail is enough? How much is too much?