

Short Share T.I.P.S. Compassion Fatigue

Tool, Intervention, Process, Strategy



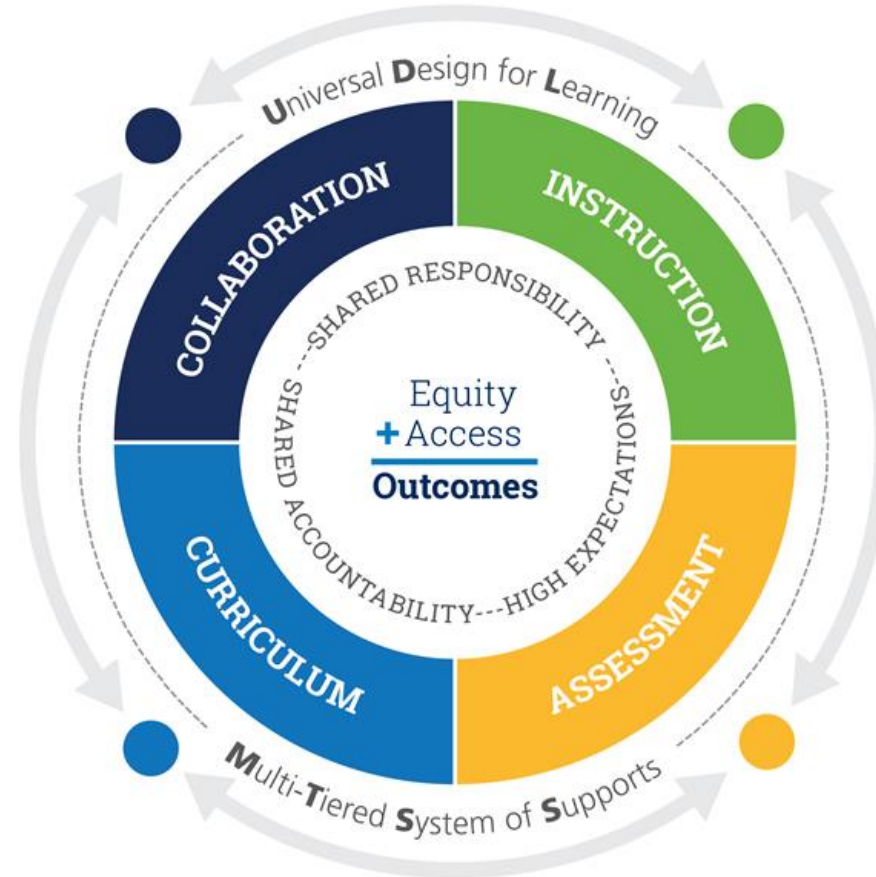
INDIANA INSTITUTE ON DISABILITY AND COMMUNITY
**CENTER ON EDUCATION AND
LIFELONG LEARNING**



Indiana
**DEPARTMENT OF
EDUCATION**

Working Together for Student Success

Compassion Fatigue and Self-Care





The Ripple Effect of Trauma

Secondary Trauma and Compassion Fatigue



Cognitive, Somatic,
Emotional, Behavioral
Problems

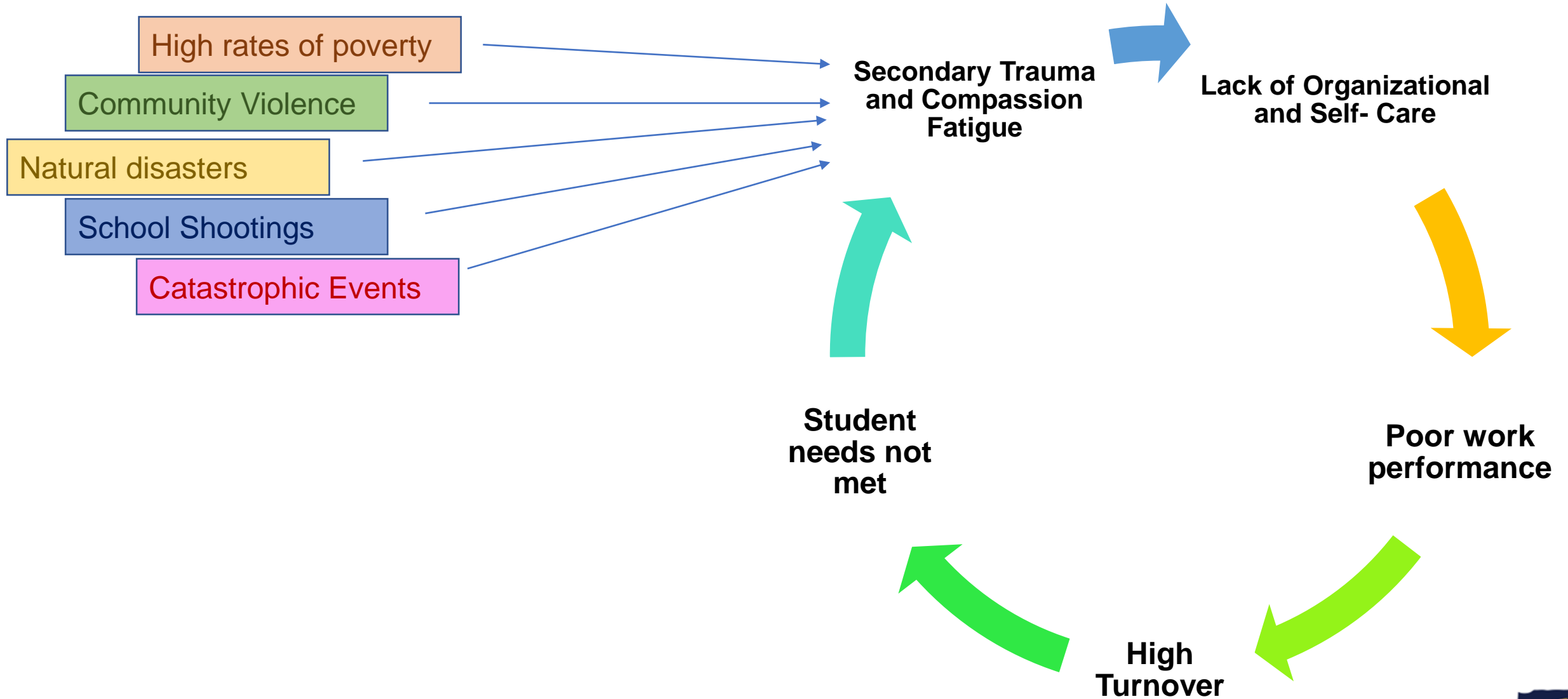


Secondary Trauma and Direct Trauma---Similar Impacts

<p>Physical</p> <p>Sleep Disturbances Weakened Immunity Low Energy Headaches, Backaches Stomach Upset</p>	<p>Emotional</p> <p>Helplessness and Hopelessness Anger and Feelings of Persecution Cynicism and Sarcasm Depression Anxiety</p>
<p>Cognitive</p> <p>Lack of confidence Confusion Perfectionism Minimizing</p>	<p>Behavioral</p> <p>Losing things, forgetting Isolation Impatience Temperamental Easily Startled Drug and Alcohol Abuse</p>



Widespread trauma can create vicious cycle.



Supported



Whelmed



Tools

Professional Quality of Life Scale

http://www.proqol.org/ProQOL_Measure___Tools.html

Life Stress Test:

<http://www.compassionfatigue.org/pages/lifestresstest.pdf>

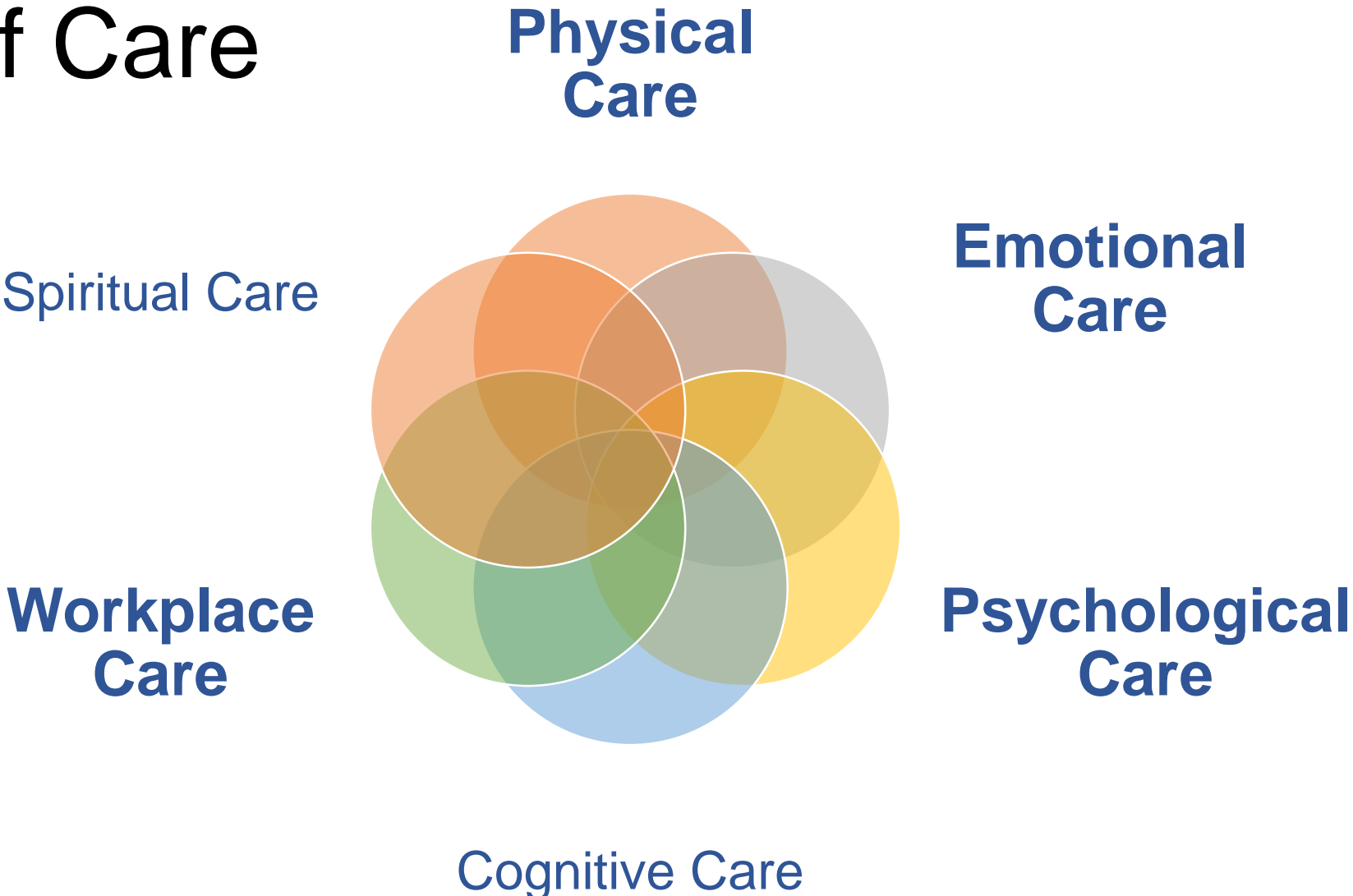
Developing Self Care Plans:

https://media.dpi.wi.gov/sspw/av/trauma_sensitive_schools_mod_4/story_content/external_files/Developing%20a%20Self-Care%20Plan.pdf

https://rems.ed.gov/docs/Building_a_Self-Care_Action_Plan_Handout.pdf



Areas for Self Care





References and Resources

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- National Child Traumatic Stress Network (2008.) *Child Trauma Toolkit for Educators*. Retrieved April 3, 2018 from <https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress>
- No author listed. *Building a Self-Care Action Plan*. From the Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center. Retrieved April 3, 2018 from https://rems.ed.gov/docs/Building_a_Self-Care_Action_Plan_Handout.pdf
- Perry, B. D. (2014) *The cost of caring: Understanding and preventing secondary traumatic stress when working with traumatized and maltreated children*. CTA Parent and Caregiver Education Series Volume 2: Issue 7, Child Trauma Academy Press. Stamm, B. H. (1992). *The Professional Quality of Life Scale*. Retrieved April 3, 2018 from http://www.proqol.org/ProQOL_Measure_Tools.html
- Wolpov, R. Johnson, M., Hertel, R., & Kincaid, S. (2009). *The Heart of Learning and Teaching: Compassion, Resiliency and Academic Success*. Retrieved Sept 21, 2017 from <http://www.k12.wa.us/CompassionateSchools/HeartofLearning.aspx>



Short Shares IN Action

- We are looking for a few educators to volunteer to work with the Office of Special Education and Indiana Resource Network to apply the Tool, Intervention, Process, or Strategy featured in this Short Share.
- We would like to come to your school and video tape your classroom as well as interview you about the implementation of the Tool, Intervention, Process, or Strategy featured in this Short Share.
- Click on this link to start the process: <http://bit.ly/idoesstips>

