

Compassion Satisfaction and Compassion Fatigue Prevention Among Suicide Prevention Workers

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Objectives and Results

- Objectives
 - 1. Define professional quality of life, compassion satisfaction and compassion fatigue.
 - 2. Apply information about compassion satisfaction and compassion fatigue to suicide prevention work.
 - 3. Formulate plans to increase compassion satisfaction and reduce compassion fatigue in suicide prevention and postvention work.
 - 4. Assess levels of compassion satisfaction and fatigue using the Professional Quality of Life Scale.

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Vocabulary

- Compassion Satisfaction
 - Positive aspects of working as a helper
- Compassion Fatigue
 - Negative aspects of working as a helper
- Burnout
 - Inefficacy and feeling overwhelmed
- Work-related traumatic stress
 - Primary traumatic stress direct target of event
 - Secondary traumatic exposure to event due to a relationship with the primary person

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Professional Quality of Life

Compassion Satisfaction

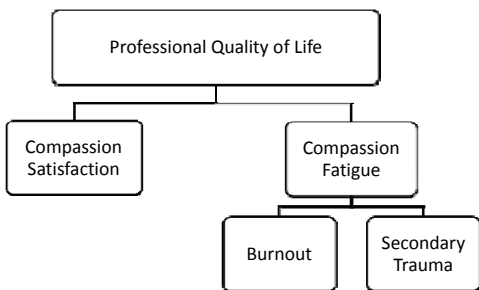
- The positive aspects of helping
- "The good stuff"

Compassion Fatigue

- The negative aspects of helping
- "The bad stuff"

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CS-CF Model



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Compassion Satisfaction

- The positive aspects of helping
 - Pleasure and satisfaction derived from working in helping, care giving systems
- May be related to
 - Providing care
 - To the system
 - Work with colleagues
 - Beliefs about self
 - Altruism

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Compassion Fatigue

- The negative aspects of helping
- The negative aspects of working in helping systems may be related to
 - Providing care
 - To the system
 - Work with colleagues
 - Beliefs about self
- Burnout
- Work-related trauma

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Burnout and STS: Co Travelers

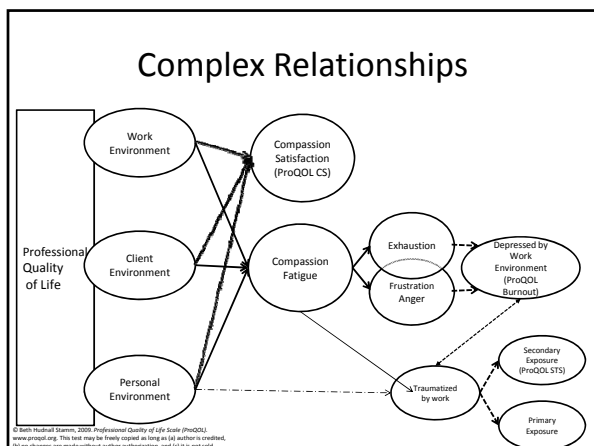
- Burnout
 - Work-related hopelessness and feelings of inefficacy
- STS
 - Work-related secondary exposure to extremely or traumatically stressful events
- Both share negative affect
 - Burnout is about being worn out
 - STS is about being afraid

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Relationships Are Complex

- Multiple spheres
 - Work environment
 - “People helped” environment
 - Personal environment
- Positive (CS) & negative (CF)
- Altruism CS can override CF
- Compassion Fatigue two parts
 - Worn out (BO) common
 - Frightened, traumatized (STS) rarer but powerful

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Measuring CS & CF: The *Professional Quality of Life Scale (ProQOL)*

- The ProQOL is free
- A 30 item self report measure of the positive and negative aspects of caring
- The ProQOL measures Compassion Satisfaction and Compassion Fatigue
- Compassion Fatigue has two subscales
 - Burnout
 - Secondary Trauma

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Well Established

- The ProQOL is the most widely used measure of the positive and negative aspects of helping in the world
- The ProQOL has proven to be a valid measure of compassion satisfaction and fatigue
- It has been used for over 15 years
- The measure was developed with data from over 3000 people

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Easy to Use

- The ProQOL is easy to use
- It can be given individually or in groups
- It can be given online or at an individual computer

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Easy to Score

- Full scoring
 - More detailed and specific information but takes longer
 - Better for research or administration
- The simplified scoring
 - Less specific but can be completed quickly and can be intuitively understood
 - Good for training situations

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Not a Medical Test

- Helps understand the positive and negative aspects of helping
- Not a “psychological test”
- Not a “medical test”
- Can be viewed as a screening for stress-related health problems

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People Bring Themselves

- Suicide Prevention workers include people with all types of education, training and income
- Some workers bring with them histories of difficult lives that may include trauma
- Some people have difficult family, economic, or other personal situations

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People Bring Themselves

- People bring a past and a present to anything they do
 - Their schemas and beliefs
 - Their stigma beliefs
 - Their social support systems
 - Positive support
 - Negative support
 - Their history of trauma and illness
 - Their families and close others
 - Their economic situation

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Interpreting Scores

- Scores on individual scales tell us about a person's responses on each of the constructs
- Viewing the combination of scores helps us "paint a picture" of what the person is telling us
- Can be used to track an individual's CS and CF

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Resiliency Planning

- Individual, personally
 - The ProQOL can help you plan where to put your energy to increase our resilience
- Organizational planning
 - Can help organizations find ways to maximize the positive aspects and reduce the negative aspects of helping
- Supportive Supervision
 - The ProQOL can be used as information for discussions

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