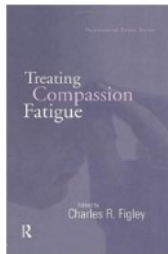


## BOOKS



**TREATING  
COMPASSION FATIGUE**  
(BRUNNER-  
ROUTLEDGE  
PSYCHOSOCIAL  
STRESS)  
– Charles R. Figley (Editor)



In recent years, much has occurred in the field of traumatology, including the widening of the audience and the awareness of PTSD (post-traumatic stress disorder). This book from celebrated traumatology pioneer Charles Figley, further clarifies the concept of compassion fatigue through theory, research, and treatment. The basic thesis of this book is the identification, assessment, and treatment of compassion fatigue and this is done over eleven chapters, each from distinguished researchers in the field.

**TO WEEP FOR A  
STRANGER:  
COMPASSION FATIGUE  
IN CAREGIVING**  
– August 20, 2009 by  
Patricia Smith



Compassion fatigue plagues caregivers worldwide. When providing care to others without incorporating authentic, sustainable self-care practices into our daily lives, destructive symptoms surface. Isolation, emotional outbursts, substance abuse and reoccurring nightmares are just a few of the symptoms that can distress the life of a caregiver. With awareness and knowledge, compassion fatigue can be recognized and managed. To Weep for a Stranger: Compassion Fatigue in Caregiving is the first step in learning more about this emotional and physical pain-filled syndrome and how to break free from the bonds that restrict compassionate, dedicated caregivers from living a happy, healthy life. Included in this book is the definition of compassion fatigue, its symptoms and causes, and standards of self-care. Also, you'll find information for those new to the helping professions and a special section for family caregivers.

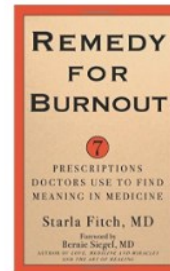
**LYING DOWN IN THE  
EVER-FALLING SNOW:  
CANADIAN HEALTH  
PROFESSIONALS'  
EXPERIENCE OF  
COMPASSION FATIGUE**  
– Wendy Austin, 2013



First used to describe the weariness the public felt toward media portrayals of societal crises, the term compassion fatigue has been taken up by health professionals to name—along with burnout, vicarious traumatization, compassion stress, and secondary traumatic stress—the condition of caregivers who become “too tired to care.” Compassion, long seen as the foundation of ethical caring, is increasingly understood as a threat to the well-being of those who offer it.

Through the lens of hermeneutic phenomenology, the authors present an insider's perspective on compassion fatigue, its effects on the body, on the experience of time and space, and on personal and professional relationships. Accounts of health professionals, alongside examinations of poetry, images, movies, and literature, are used to explore the notions of compassion, hope, and hopelessness as they inform the meaning of caring work. The authors frame their exposé of compassion fatigue with the very Canadian metaphor of “lying down in the snow.” If suffering is imagined as ever-falling snow, then the need for training and resources for safe journeying in “winter country” becomes apparent. Recognizing the phenomenon of compassion fatigue reveals the role that health services education and the moral habitability of our healthcare environments play in supporting professionals' ability to act compassionately and to endure.

**REMEDY FOR  
BURNOUT: 7  
PRESCRIPTIONS  
DOCTORS USE TO  
FIND MEANING IN  
MEDICINE**  
– Starla Fitch MD, 2014



Dr. Starla Fitch went into medicine for all the right reasons. But not long after she began her practice, the demands of the profession coupled with the bureaucracy of the system began to take their toll. On the verge of burnout, she knew she had to find a way to reconnect with the reasons she became a physician. She did—and now she helps other doctors do the same. *Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine*, shares Starla's story and those of fellow physicians who tapped into their own passions and talents and discovered the meaning in medicine unique to each of them. Her seven prescriptions provide actionable advice that doctors can take to assess their current situations and reconnect with the reasons why they put on their white coats every day.



## VIDEOS



### How Mindful Training Prevents Doctor Burnout

Click on the link above to view the video: a twenty minute program interviewing physicians on the issue of Doctor Burnout.

HuffPost's Third Metric seeks to redefine success beyond money and power. As part of our ongoing series Huffington Post takes a look at doctor burnout and how doctors can use mindfulness to prevent it.

Originally aired on October 17, 2013

#### Mindfulness and Healing with Shannon Paige



This video provides an example of silencing behaviors, an engaged physician actively connected with a suffering patient, breath as a meditation tool that teaches how to "respond rather than to react."

Shannon Paige is a writer, sacred activist, dedicated Yoga teacher. She is also the founder of Om Time Yoga Center and the styles of Bhava Vinyasa for Depression and Anxiety and Anjali Restorative Yoga.

Shannon battled with cervical cancer ferociously....and won. Although she had survived, the battle with depression, especially the pressure and anxiety of how she should feel "lucky" for having survived, nearly crippled her. She narrates how many people, after surviving life threatening circumstances, are also robbed of the ability to smile for real, the ability to connect, and the ability to hope. "Depression is hard. Depression is gross. And Depression is Mean." A doctor stepped in and told her to get back into her body, volunteer, and do yoga. For Shannon, the battle with depression was actually as hard as battling cancer. Through this, Shannon discovers that while, yoga can't heal depression, getting into your body can change the mind and create a state of empowerment, stability, and release.

#### Why We All Need to Practice Emotional First Aid with Guy Winch



This video addresses the fact that we all need emotional self-care.

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.



## WEB MATERIALS



### Web Articles

Baranowsky, A.B. (In Press). "The silencing response in clinical practice: On the road to dialogue." In C.R. Figley (Ed.), *Compassion Fatigue: Volume II*. New York: Brunner/Mazel.

Marla J. Arvey "Secondary traumatic stress among trauma counsellors: What does the research say?" *International Journal for the Advancement of Counselling*, 2001, Volume 23, Number 4, Page 283 (full PDF)

Marla Buchanan, John O. Anderson, Max R. Uhlemann, Erika Horwitz, "Secondary Traumatic Stress: An Investigation of Canadian Mental Health Workers" *Traumatology* December 2006 vol. 12no. 4 272-281 (for purchase, free for option for health care providers)

Lombardo, B., Eyre, C., "Compassion Fatigue: A Nurse's Primer" *OJIN: The Online Journal of Issues in Nursing* Vol. 16, No. 1, Manuscript 3, Jan 31, 2011 (Full Text)

Braunschneider, Heidi "Preventing and Managing Compassion Fatigue and Burnout in Nursing," *ESSAI: Vol. 11, Article 11*, 2013 (full PDF)

Carol Peckham, "Physician Burnout: It Just Keeps Getting Worse," *Medscape Family Medicine*, January 26, 2015 (full article)

Carolyn Gregoire, "This Mental Practice Can Lower Stress Levels, Even In The Intensive Care Unit" 05/11/2015, Updated May 14 2015

Sanchez-Reilly, Sandra et al. "Caring for Oneself to Care for Others: Physicians and Their Self-Care," *The Journal of supportive oncology* 11.2 (2013): 75-81. Print. (full text)

Gleichgericht, Ezequiel, and Jean Decety. "The Relationship between Different Facets of Empathy, Pain Perception and Compassion Fatigue among Physicians," *Frontiers in Behavioral Neuroscience* 8 (2014): 243. PMC. Web. 10 Mar. 2016. (full text)

Elaine Schattner, "The Physician Burnout Epidemic: What It Means for Patients and Reform" *The Atlantic*, Aug 22, 2012 (full article)

Jill Suttie, "Should Your Doctor Care About You?" *Greater Good Berkeley*, October 4, 2013 (full article)

### Websites

#### The Colorado Medical Society

The Colorado Medical Society and its Expert Panel on Physician Wellness have taken on the goal of improving physician wellness and reducing burnout in 2014. A crucial partner in the effort are the experts at the Behavioral Health and Wellness Program at the University of Colorado Anschutz Medical Campus, who have developed a toolkit that was released in September 2014 specifically tailored to physicians to address the eight dimensions of wellness with a focus on stress and burnout.

#### The Physician Health and Wellness Program (PHWP)

Doctors Manitoba is dedicated to ensuring that its members have sustainable practices which can lead to better care, better health and better value for all Manitobans.

This brand new website was created by doctors just like you. We're physicians who know that to take the best care of their patients, our first priority has to be our own health. But it's not just about addressing an illness when it develops or waiting for crisis to strike. It's about taking proactive steps to ensure you've got a solid foundation of good health and the tools you need to maintain a positive outlook.

#### Greater Good Website

The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.

Based at the University of California, Berkeley, the GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional well-being, we help people apply this research to their personal and professional lives. Since 2001, we have been at the fore of a new scientific movement to explore the roots of happy and compassionate individuals, strong social bonds, and altruistic behavior—the science of a meaningful life. And we have been without peer in our award-winning efforts to translate and disseminate this science to the public.

