

- Cumulative stress - stress arousal that slowly builds up over time and sometimes leads to a condition of “burnout”. (Everly, 1994)

- Compassion Stress – the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by another. (Figley, 2006)

Compassion Trap

The inability to let go of the thoughts, feelings, and emotions useful in helping another, long after they are useful. (Figley, 2006)





Compassion Fatigue

“...the reduced capacity or interest in being empathic or “bearing the suffering of clients” and is “the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced ... by a person.” ([Figley, 1995](#), p. 7)

Vulnerabilities to CF

Exposure to extraordinary traumatic material

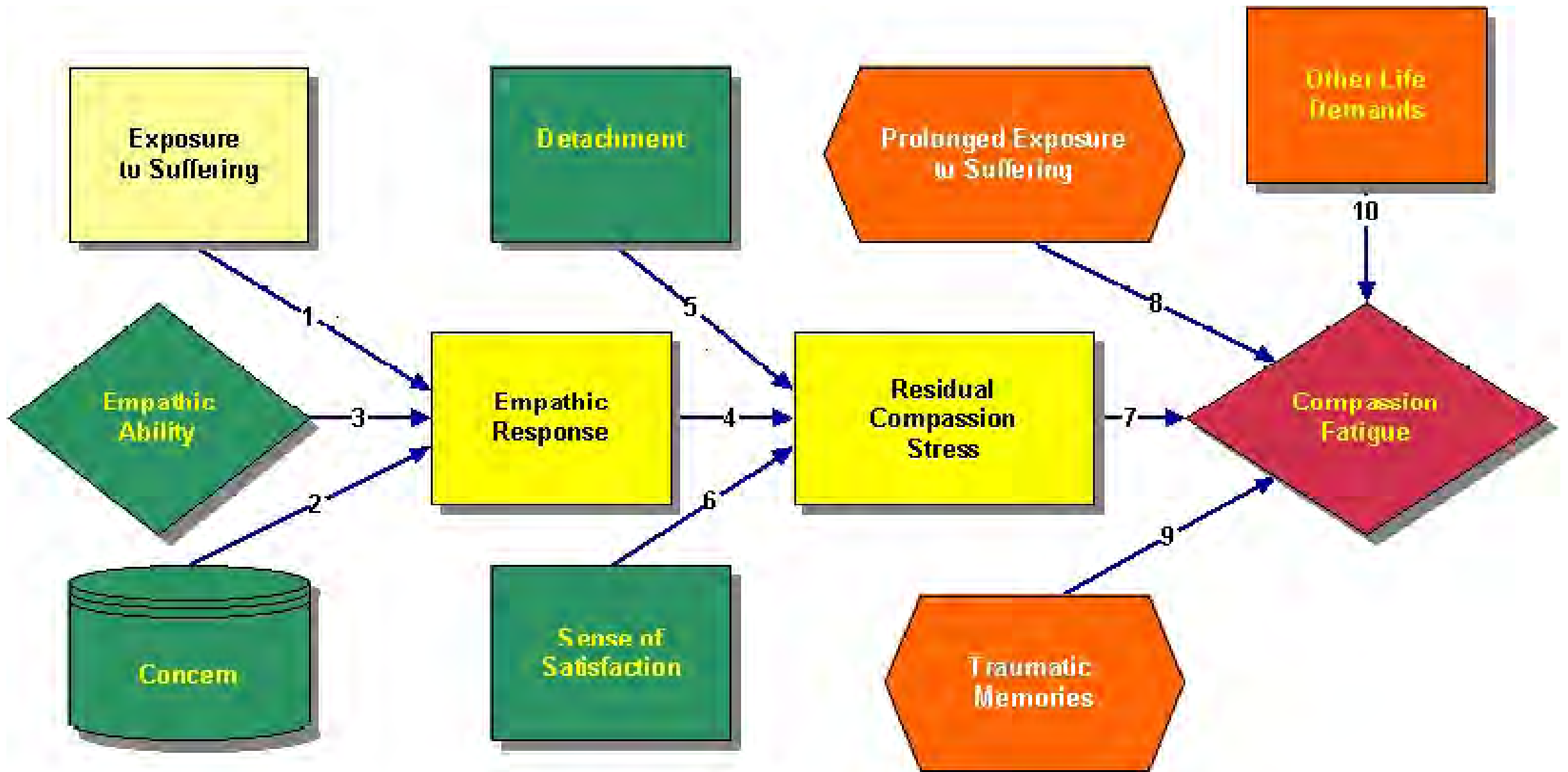
Emotionally vulnerable

Limited work satisfaction

Limited stress management

Poor self care

Poor support systems



The Compassion Fatigue Process (Figley, 2001)

Resources

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Compassion Fatigue by Charles Figley, PhD