• 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