

# Compassion Fatigue

## References

Cecilia Poon, PhD, ABPP



### Slide 5 – Compassion Fatigue

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### Slide 16 – Signs of Secondary Traumatic Stress

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### Slide 17 – Signs of Compassion Fatigue

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### Slide 18 – Assessment of Compassion Fatigue

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### Slide 22 – Self Compassion

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### Slide 27 – Identifying Values

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### Slide 31 – System Management of Compassion Fatigue

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### Slide 33 – Family Caregiver Compassion Fatigue

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## Resources

Values checklists:

<https://www.actmindfully.com.au/upimages/A Values Checklist - 40 Items.pdf>

<https://www.actmindfully.com.au/wp-content/uploads/2019/07/Values Checklist - Russ Harris.pdf>