

STRATEGIC RESILIENCE

YOUR ESSENTIAL GUIDE TO WELLBEING
AND VICARIOUS TRAUMA PREVENTION

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BACKGROUND

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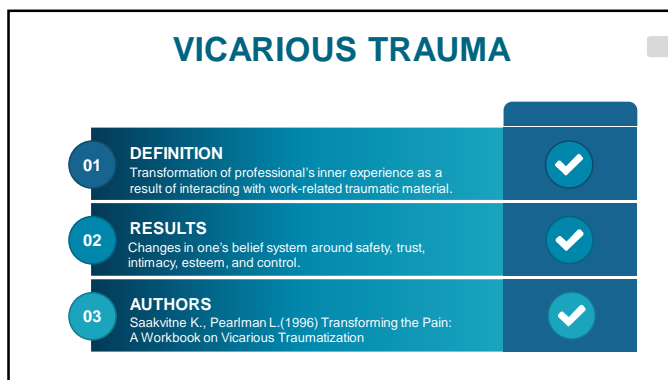


OVERVIEW

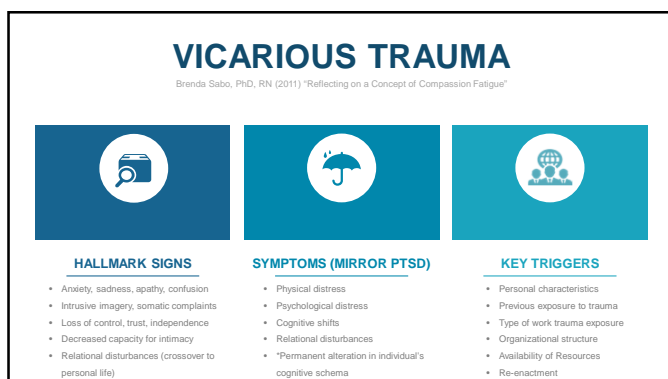
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COMPASSION FATIGUE

01

DEFINITION

The physical and mental exhaustion and emotional withdrawal experienced as a result of one's work.



02

RESULTS

Impacts personal and professional behavior, produces anxiety, depression, PTSD.



03

AUTHORS

Figley, C. R. (1995). Compassion fatigue as secondary traumatic stress disorder: An overview.



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COMPASSION FATIGUE

Brenda Sabo, PhD, RN (2011) "Reflecting on a Concept of Compassion Fatigue"



HALLMARK SIGNS

- Sadness, grief, avoidance
- Addiction, somatic complaints
- Changes in belief systems
- "Witness guilt", detachment
- Decreased capacity for intimacy



SYMPTOMS (MIRROR PTSD)

- Physical
- Psychological
- Cognitive
- Relational disturbances (crossover to personal life)



KEY TRIGGERS

- Personal characteristics
- Previous exposure to trauma
- Empathy & emotional energy
- Prolonged exposure to work trauma
- Work environment and attitudes

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BURNOUT

01

DEFINITION

Physical & emotional exhaustion as a result of prolonged dissatisfaction and inability to change one's environment



02

RESULTS

physical and emotional exhaustion, cynicism and detachment, lack of purpose, loss of productivity



03

APPLICATIONS

Can happen in any occupation and does not cause profound negative transformation in one's worldview



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BURNOUT

Brenda Sabo, PhD, RN (2011) "Reflecting on a Concept of Compassion Fatigue"

HALLMARK SIGNS	SYMPTOMS	KEY TRIGGERS
<ul style="list-style-type: none"> • Anger & frustration • Fatigue • Negativity & Cynicism • Avoidance & Withdrawal 	<ul style="list-style-type: none"> • Physical • Psychological • Cognitive • Relational disturbances 	<ul style="list-style-type: none"> • Personal characteristics • Work-related attributes • Work characteristics • Organizational characteristics

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PROFESSIONAL QUALITY OF LIFE
PROQOL ASSESSMENT @ProQOL.org

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STATISTICS

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CHILD WELFARE WORKERS

50%



Traumatic Stress in Severe Range (Conrad, 2006)

34%



Met PTSD Diagnostic Criteria (Bride, 2007)

37%



Reported clinical levels of emotional distress (Cornille, 1999)

34%



Reported experiencing secondary traumatic stress (Perron, 2006)

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MEDICAL PROFESSIONALS

86%



Emergency room nurses met the criteria for compassion fatigue (Hooper, 2010)

34%



Ambulance paramedics reported severe PTSD (Beck, 2011)

54%



US physicians had one or more symptoms of burnout (McKoldrick, 2018)

34%



Hospice nurses met the criteria for compassion fatigue (Beck, 2011)

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SOCIAL WORKERS

70%



Exhibited at least one symptom of secondary traumatic stress (Bride, 2007)

42%



Reported they suffered from secondary traumatic stress (Adams et al., 2008)

65%



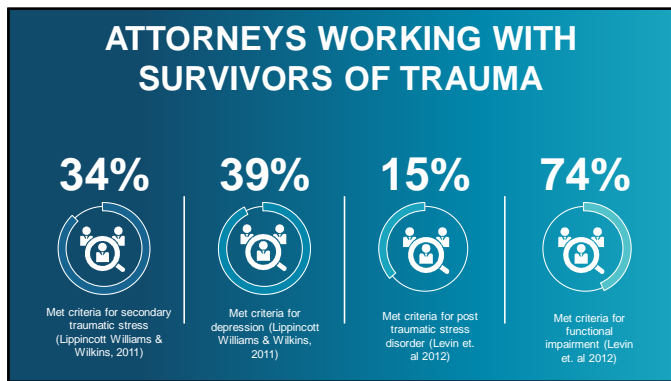
Had at least one symptom of secondary traumatic stress (Bride, 2007)

55%

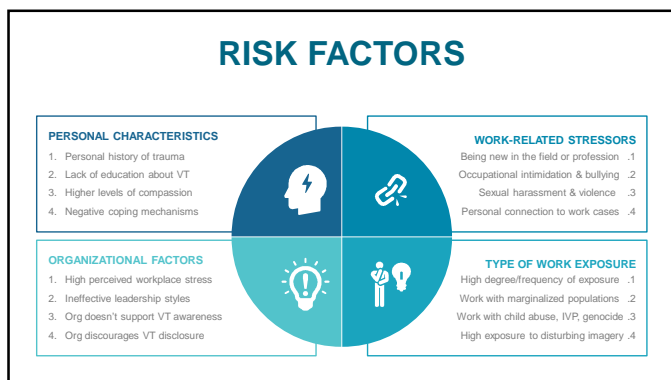


Met at least one diagnostic criteria for PTSD (Bride, 2007)

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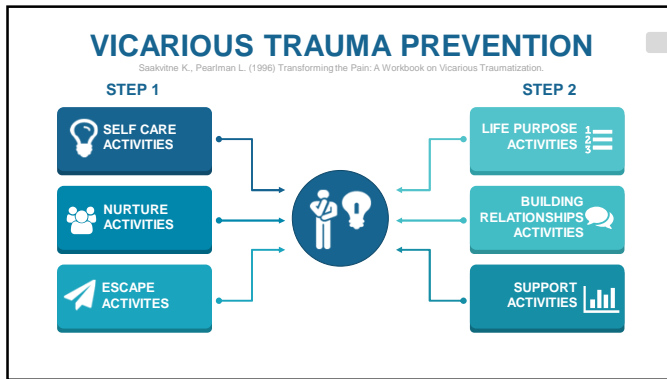
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RESILIENCE

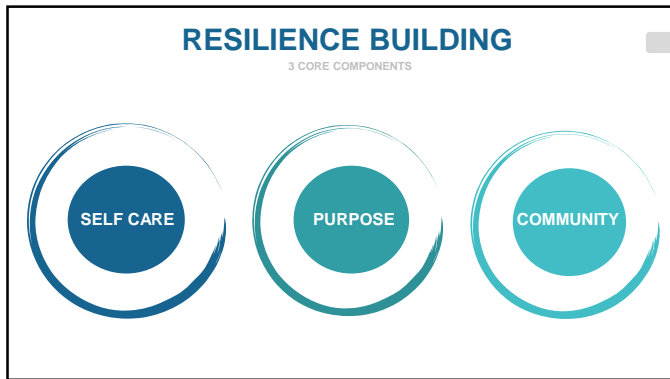
01	DEFINITION The ability of an individual to maintain positive attitude, physical and emotional well-being in the face of significant adversity-including primary and secondary trauma (American Psychological Association).	✓
02	DEFINITION Learned ability to recognize risk, bounce skillfully, and secure robust physical, emotional and mental wellbeing (The Resilience Institute).	✓
03	DEFINITION A process of using specific personalized set of tools consistently which results in sustainable state of wellbeing (OP).	✓

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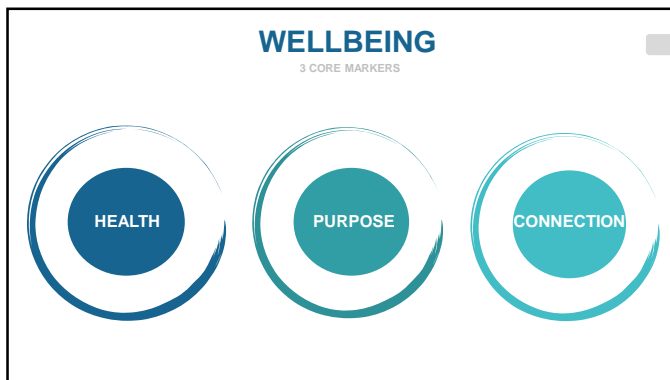
WELLBEING

01	DEFINITION An experience of good and physical and mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.	✓
02	RESULTS The feeling of being happy, healthy, socially connected, and purposeful.	✓
03	APPLICATIONS And sustainable state of wellbeing can be achieved by anyone under any and all circumstances.	✓

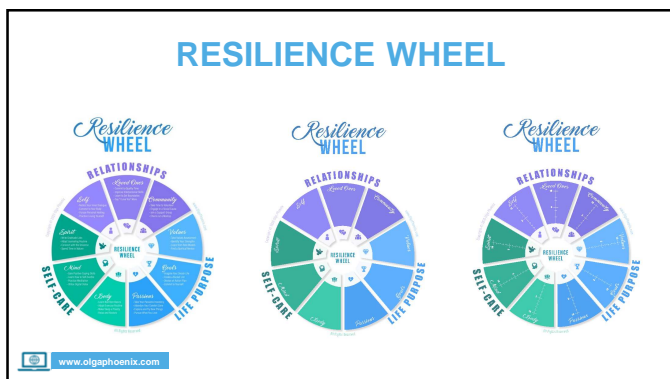
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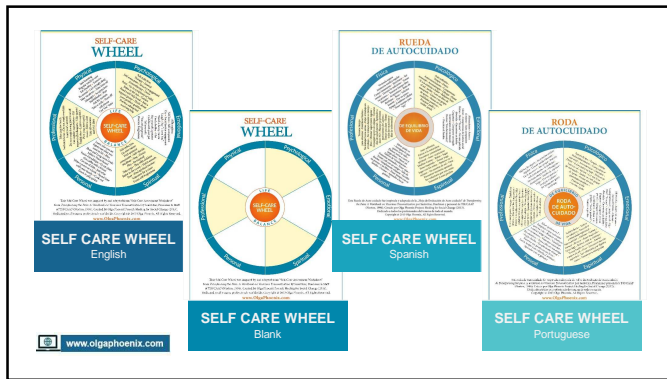
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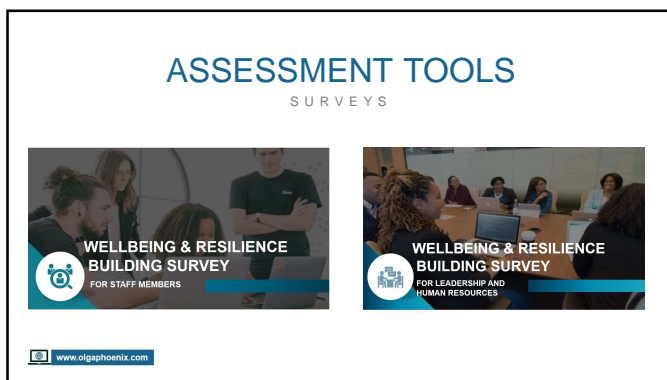
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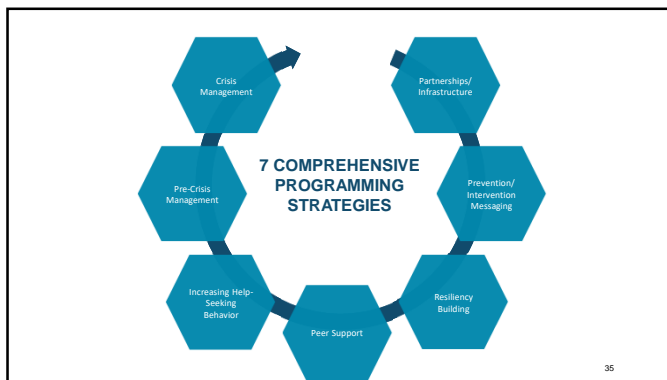
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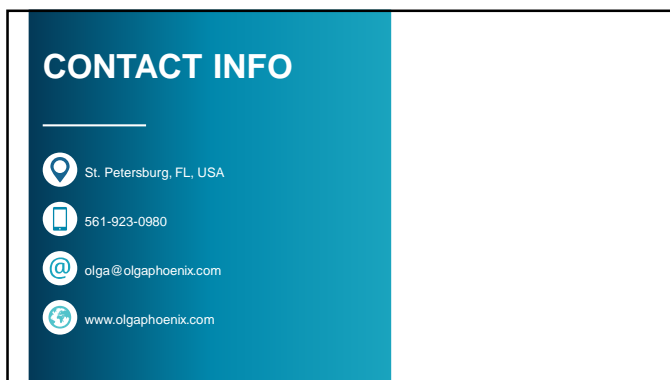
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