

NACSW Presentation

November 2-5, 2017

Title: Saving Pieces of Me: Compassion Satisfaction

Abstract:

Are you running on empty? Does your day's work spill over into your personal time? Social workers are good at taking care of their clients; now, it's time to take care of you. Come, reap the benefits and begin your healing journey. Learn simple, practical methods to restore balance and rejuvenate your life; recapture peace and joy.

Description:

Compassion Fatigue has been traced back to the Civil War and it has been known by many names. In 1981, nurses were worn down from daily hospital emergencies. Many began to notice that somewhere along the way they had lost their sense of self. This loss occurred from the indirect experiences through helping others. For many, it became a role that only they could fulfill.

Burnout among Social Workers is a reality. It slips in quietly; its roots strangle your personality. Social Workers recognize the signs and symptoms of stress, compassion fatigue and burnout in their clients. Unfortunately, they don't always transfer those triggers to themselves.

The positive spin on compassion fatigue gives social workers an opportunity for self-reflection and offers ways to begin the healing process. The accompanying music allows the audience to relax and reflect. This approach also strengthens their resiliency to meet their daily challenges.

References:

- American Bar Association
- Berah, Jones, & Valent (1984)
- Dr. Fava, "Mind, Mood & Memory" (Massachusetts General Hospital November 2012)
- Figley, Charles R. editor. "Treating Compassion Fatigue," 2002
- Maslach & Jackson (1986)
- Mathieu, Francoise. M Ed., CCC, Compassion Fatigue Specialist
- Pfifferling, John-Henry, PhD, and Gilley, Kay, MS. *Family Pract. Manag.* 2000 Apr,7(4):39-44.
- Raphael, Meldrum, & Donald, 1993
- 2006 Survey of U.S. Workers by Career Builder.com

Learning Objectives: At the end of the presentation, participants will be able to:

- Explore and identify the negative and positive effects of compassion and stress
- Recognize the physical, emotional, mental and spiritual effects of compassion fatigue
- Develop a daily self-care program

Bio:

Sally Moore is the founder of *PERKS N MOORE, INC*, a non-profit agency that is an Anchor of Hope for caregivers and assists them with their immediate and long-term needs. Sally is a retired Hospice Social Worker. Sally is the author of four books which chronicle her Alzheimer's caregiving journey: "One Word," "Two Tears," "Three Hearts" and "Four Joy." "Three Hearts" and "Four Joy" also include a 52-week Devotional.