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over the course of their
career as helpers.

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2. Differentiate between
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secondary traumatic
stress, and vicarious
traumatization; 3.
Articulate the unique
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compassion fatigue; 4.
Assess and identify
symptoms of
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elf and others; 5.
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relationship to resilience
and sustained
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filled with practical self-assessment tools and concrete strategies for detection, intervention and prevention.

Integrating CBT techniques provides a unique and very hands-on approach to managing compassion fatigue and related of caregiver." -- Fraçoise Mathieu, author of The Compassion Fatigue

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This book examines the cumulative effects of working with high trauma populations as they pertain to education settings. This text incorporates current research, anecdotal

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stories, and workbook

pages so that

practitioners are

properly informed on

how to identify and

employ protective

practices when it comes

to burnout and

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Educators rarely receive

training that prepares

them for working with

children and youth who

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neglect, abuse, poverty, and loss. Education professionals who are already overburdened with an overwhelming number of job-related tasks can find themselves depleted due to their care and concern for their most vulnerable students. As a result, educators experience the physical and emotional symptoms of burnout

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burnout is a pressing
issue, and self-care is
possible only when
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themselves. The authors examine the literature from neurobiology, social psychology, and folk psychology in order to explain how therapists suffer from an excess of empathy for their clients, and then they present strategies for dealing with burnout and stress.

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Compassion fatigue is the emotional drain experienced by caregivers of both people and animals. In this invaluable workbook, counselor and animal-welfare expert Jennifer A. Blough focuses on people who work with animals-and who often don't get the help they

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