Avoiding Compassion Fatigue: Caring About the Pains and Needs of Our Students While Maintaining a Balanced Life

As faculty we know the importance of listening with full attention, relating to students in their deep worth, and discerning their hidden strengths. However, how should we access in ourselves the capacities of motivation, connection, sensitivity, and equanimity that are needed to fulfill those tasks?

It is no revelation that our students regularly endure various hardships. Compassion Fatigue, sometimes known as 'secondary traumatic stress,' affects people who are exposed to the traumatic suffering of others. Compassion Fatigue is not 'burnout,' rather Compassion Fatigue develops over time - taking weeks, sometimes years to surface. Basically, it's a low level, chronic clouding of caring and concern for others in your life.

In this workshop, we will explore Compassion Fatigue: Symptoms, Strategies for managing it, and Prevention techniques. I will provide useful tools and resources, along with a supportive environment to assess coping mechanisms for Compassion Beyond Fatigue.

Refreshments provided, courtesy of FSC.