



# Overcoming Compassion Fatigue

*Martha Teater, John Ludgate*

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## **Overcoming Compassion Fatigue** Martha Teater, John Ludgate

Those in the helping professions are constantly at risk of compassion fatigue, yet many have little guidance on how to deal with it effectively. A fresh workbook approach for compassion fatigue, burnout and stress, providing all the tools you need to leave work at work - and let it go. Written by two practicing clinicians experienced in compassion fatigue and CBT, this manual is full of proven assessments, interventions, prevention strategies and personal experiences. You'll take away:

- \*Self-assessment measures to determine your level of risk
- \*CBT skills to overcome distress
- \*Worksheets and exercises to equip you to make powerful changes
- \*Strategies to change your workplace
- \*Practical, personalized self-care planning tools

Ideal resource for counselors, psychologists, social workers, psychiatrists, addictions professionals, therapists, nurses, teachers, healthcare workers, and allied health professionals.

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