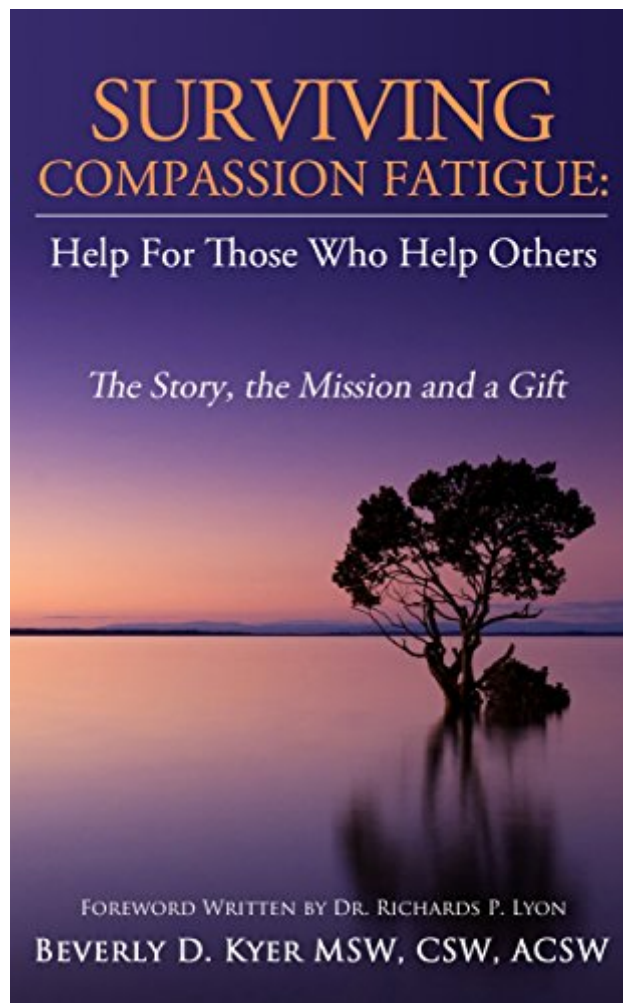




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Surviving Compassion Fatigue: Help For Those Who Help Others



Synopsis

If you're a Human Service Worker, caregiver, or you work with at-risk populations as a counselor, social worker, parole officer, medical or mental health professional, or in any of the dozens of helping professions, *Surviving Compassion Fatigue: Help for those who help others* is for you. You will learn about one woman's physical and emotional descent due to years of self-neglect. You will also learn about her recovery as well as how to serve and care for others without forgetting to take care of yourself. This book is full of practical wisdom and advice for those in the helping professions and caregivers. It tells Beverly's story, as well as the stories of others who have neglected their own self-care. But more than that, it educates those in the helping professions and in caregiver roles about the importance of strategies for consistent self-care. Find out how you may be putting yourself at risk and learn skills, techniques and strategies to restore and maintain self regulation, physical and emotional wellness and inner calm while still caring for those in need. You owe it to yourself.

Book Information

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Customer Reviews

excellent overview of compassion fatigue, and lots of practical applications to increase self care, and improve the workplace environment. I highly recommend this book to anyone in the helping professions.

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