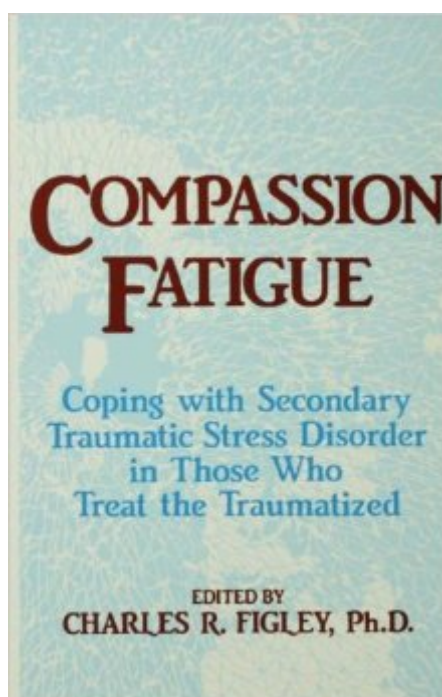


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Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series)



Synopsis

This volume is the latest in a series that focuses on the immediate and long-term consequences of highly stressful events. It focuses on those individuals who provide therapy to victims of Post-Traumatic Stress Disorder crisis and trauma counselors, Red Cross workers, nurses, and doctors.

Book Information

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Customer Reviews

Designed as help for the therapist, it is also appropriate, and may be as or more important, for helpers who happen to be mothers, spouses, children, or even friends who find themselves suffering from the personal after-effects of being around physical, mental, emotional or psychological trauma of others - acting as mediators, menders, negotiators, and/or reservoirs of the pain and troubles of others. They may also need to address their own baggage of current or distant pain caused by disruptive circumstances in their own past to complicate the difficulty of handling

multiple sources of distress and stress. Seen frequently in domestic violence situations, or arising from elder or ailing parents, or in trying to accommodate severe illness in anyone close to them, long term stress becomes the distress of psychological trauma. It may or may not be recognized by others, at work, or by those who are in a position to give relief. It may or may not be a known fact within the family where caregivers rarely allow themselves to acknowledge being weak, or in needing services themselves. Left unattended, the helper may become the person needing help, often some time beyond the time that help is being given (in the form of an aftershock) which may or may not be seen as having come from overextending themselves in serving the needs of others. Rescuer's remorse, it might be called, to identify the time when caregiver's come to assess the harm done to themselves and the need for recovery. It usually follows burn out in time when adjustment and incentive may be lacking with the realization of being psychologically or emotionally spent as well as physically tired and fatigued.

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