Compassion Fatigue and Vicarious Trauma - Signs and Symptoms

Physical Signs and Symptoms

- [ ] Exhaustion
- [ ] Insomnia
- [ ] Headaches
- [ ] Increased susceptibility to illness
- [ ] Somatization and hypochondria

Behavioral Signs and Symptoms

- [ ] Increased use of alcohol and drugs
- [ ] Absenteeism
- [ ] Anger and Irritability
- [ ] Avoidance of clients
- [ ] Impaired ability to make decisions
- [ ] Problems in personal relationships
- [ ] Attrition
- [ ] Compromised care for clients
- [ ] The Silencing Response
- [ ] Depleted parenting

Psychological signs and symptoms

- [ ] Emotional exhaustion
- [ ] Distancing
- [ ] Negative self image
- [ ] Depression
- [ ] Sadness, Loss of hope
- [ ] Anxiety
- [ ] Guilt
- [ ] Reduced ability to feel sympathy and empathy
- [ ] Cynicism
- [ ] Resentment
- [ ] Dread of working with certain clients
- [ ] Feeling professional helplessness
- [ ] Diminished sense of employment/career
- [ ] Depersonalization/numbness
- [ ] Disruption of world view/Heightened anxiety or irrational fears

- [ ] Inability to tolerate strong feelings
- [ ] Problems with Intimacy
- [ ] Intrusive Imagery - preoccupation with trauma
- [ ] Hypersensitivity to emotionally charged stimuli
- [ ] Insensitivity to emotional material
- [ ] Difficulty separating personal and professional lives
- [ ] Failure to nurture and develop non work related aspects of life

Sources: Saakvitne (1995), Figley (1995), Gentry, Baranowsky & Dunning (1997), Yassen (1995)

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