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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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