

Compassion Fatigue and Secondary 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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