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The key strategies of MBSR mirror the best compassion fatigue reduction techniques described in my book *The Compassion Fatigue Workbook: developing self-awareness, self-regulation (how to cope when events are*

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Workbook
(overwhelming and/or stressful) and how to
balance the competing demands in our
lives.

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~~Workbook~~ (Routledge Psychosocial Stress Series) 1st (first) Edition by Mathieu, Fran?oise published by Routledge (2011) by (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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providing all the tools you need to leave work at work - and let it go. Written by two practicing clinicians experienced in compassion fatigue and CBT, this manual is full of proven assessments, interventions, prevention strategies and personal experiences.

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Compassion fatigue is the profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career as helpers.

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~~UNDERSTANDING COMPASSION FATIGUE~~

2. Differentiate between compassion fatigue, secondary traumatic stress, and vicarious traumatization; 3. Articulate the unique array of symptoms indigenous to compassion fatigue; 4. Assess and identify symptoms of compassion fatigue in self

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Workbook; 5. Recognize compassion fatigue triggers and early warning signs; 6.

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The Compassion Fatigue Workbook
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