Compassion Fatigue Specialist-Therapist (CFST)

Course Outline

Become Trauma Informed Today
Course Outline

TI-207 – Compassion Fatigue Specialist-Therapist (CFST)

Course Description:

The Compassion Fatigue Specialist Training (CFST) course was developed with the caring professional in mind. This course is designed to provide professionals with in-depth understanding of Compassion Fatigue & recovery interventions using the Accelerated Recovery Program (ARP, Gentry, Baranowsky & Dunning, 1997).

This course provides all the tools necessary for the participant to implement the five-session ARP protocol for assisting professionals who have become compassion fatigued as a result of their caring work. The course is both didactic and experiential.

Who Would Benefit From Participation:

This program is for skilled mental health professionals who wish to assist caring professionals deal with the impact of Compassion Fatigue. Interested participants may include therapists/counselors, psychologists, social workers, psychiatrists, clergy, employee assistance professionals, clinical supervisors and other helping professionals.

Learning Objectives:

- Train experientially in each of the techniques utilized in the ARP
- Learn evaluation and treatment protocols to assist Compassion Fatigued care-providers
- Develop prevention and resiliency skills for self and others
- The meaning of Compassion Fatigue (CF) in the lives of care-providers
- Recognize compassion fatigue triggers and early warning signs
- Identify and utilize resources & plan for resiliency and prevention
- Master arousal reduction methods & grounding and containment skills
- Resolve internal/external conflicts & commit to wellness and self-care
- Discover resolution exercises to assist in the release of emotional wounds that limit abilities

Course Evaluation:

Students are required to complete all training components in order to successfully complete this program.

Required Course Reading:

Compassion Fatigue Specialist- Therapist (CFST) (Manual for Course TI-207).
TI-207 – Compassion Fatigue Specialist-Therapist Contents

Unit I -- Intentionality
• Self-Awareness and knowledge of Compassion Fatigue

Unit I – Overview Compassion Fatigue Specialist Training
• Training in a Nutshell
• Informed Consent – Hand-In Sheet
• Informed Consent – Participant Sheet
• CFST – ARP Agenda: Goals, Values and Strength

Unit II – Compassion Fatigue – History, Highlights and Treatment
• Treatment Cornerstones
• Accelerated Recovery Program (ARP)
• Pre-Session Referral and Screening

Unit III – Meeting I: Assessment
• Session One: Intake
• Compassion Fatigue Assessment Profile
• Compassion Satisfaction/Fatigue Self-Test for Helpers
• Trauma Recovery Scale
• Silencing Response Scale
• Global Check Set
• Index of Clinical Stress
• Structured Participant Interview
• Compassion Fatigue Evaluation
• Mission Statement
• Mission Statement (Alternate Short Form)

Unit IV – Meeting II: Time-Line Narrative/Telling the Story
• Session Two: The Power of Story
• Time-Line Graphic Narrative Worksheet

Unit V – Meeting III: Desensitization & Reprocessing
• Session Three: NART Manager
• Self-Management Plan – Anxiety Reduction
• Thought Field Therapy
• Desensitization & Reprocessing Procedure
• Letter from “The Great Supervisor”

Unit VI – Meeting IV: Self-Supervision
• Session Four: Self-Supervision
• Supervising the Self: Externalization of Conflict Script
• PATHW AYS Package

Unit VII – Meeting V: Closure
• Safe Place Imagery – Creation of Committee of Support & Solidarity
• Contract for Mastery/Aftercare Plan

Unit VIII -- References