



TRAUMATOLOGY INSTITUTE

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# Compassion Fatigue Specialist- Therapist (CFST)

## Course Outline

**Become Trauma Informed Today**



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## Course Outline

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

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#### 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