



IICMS

Irish Institute of Clinical
Measurement Science

Understanding Compassion Fatigue- Jennifer Reidy

15th November, 9:30 am - 4:00 pm

Marymount University and Hospice, Cork

Further details & booking contact Karen Dobbyn at iicmscpd@gmail.com

This interdisciplinary workshop is being held in **Cork at Marymount University and Hospice**.

Compassion fatigue describes ***“the overall experience of emotional and physical fatigue that caring professionals experience due to chronic use of empathy when engaging with service users who are suffering in some way”*** (Newell & MacNeil, 2010). A large part of compassion fatigue is built directly into the fabric of the kind of work caring professionals do.

Learning Outcome:

- Demonstrate an understanding of the concepts and approaches of compassion fatigue, burnout and self-care.
- Apply self-care interventions in the learners' own lives.
- Create a toolbox of personal and professional self-care strategies.
- Identify their own strengths and areas for growth in relation to boundaries and resilience.
- Contrast competing ways of understanding different styles of burnout and the reasons for them.
- Recognise signs of burnout in themselves and others and be aware of prevention as well as approaches to deal with it.
- Integrate the practices of Compassion Satisfaction vs Compassion Fatigue into the learner's lives.
- Understand the difference between terms such as sympathy, empathy, pity and empowerment.

Biography:

Jennifer Reidy has a wide range of work and educational experience in the caring and wellbeing professional sectors. Jennifer holds a BA in Applied Social Studies in Social Care from Limerick Institute of Technology. The final year of this honours degree was spent researching the terms 'Compassion Fatigue and Burnout' which led to the creation of a relative thesis. At the time, the term 'Compassion Fatigue' was never researched at this level in Ireland and it then became a sought-after piece of research, which attained a First-Class Honours Degree.

Jennifer continued working in the field following her graduation but over those years noticing a lot more levels of burnout and compassion fatigue than she ever did before, possibly due to new found awareness. Staff turnover rates began to rise and a lot of her colleagues spoke of having social care exit plans due to sheer exhaustion. Organisations and colleges began contacting Jennifer looking for more information and seeking her to attend public speaking sessions on this topic.