

**International Association of Trauma
Professional**

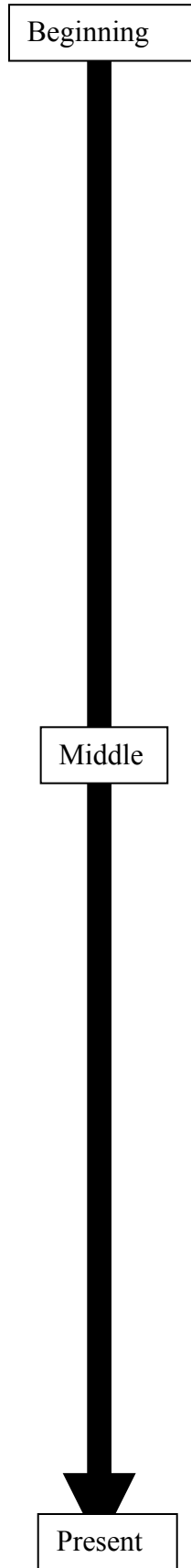


presents

**CERTIFIED COMPASSION
FATIGUE PROFESSIONAL**

Learning Activities and Assignments

Graphic Time-Line Narrative of Caregiving Career



PERSONAL MISSION/COVENANT STATEMENT



A Covenant is designed to provide its author with direction, purpose and motivation towards actualizing all of his/her potentials--professional and personal. It is your MORAL COMPASS. It is written in an active and declarative voice and should empower its writer with a clear vision of her/his "best self"...the persons we are becoming. This exercise is designed to help you bring into focus this "best self" and to identify pathways to facilitate the continued evolution toward this goal

An empowering Covenant:

1. Represents the deepest and best within you. It comes out of a solid connection with your deep inner life.
2. Is the fulfillment of your own unique gifts. It's the expression of your unique capacity to contribute.
3. Is transcendent. It's based on principles of contribution and purpose higher than self.
4. Addresses and integrates all four fundamental human needs and capacities. It includes fulfillment in physical, social, mental and spiritual dimensions.
5. Is based on principles that produce quality-of-life results. Both the ends and the means are based on true north principles.
6. Deals with both vision and principle-based values. It's not good enough to have values without vision - you want to be good, but you want to be good for something. On the other hand, vision without values can produce a Hitler. An empowering mission statement deals with both character and competence; what you want to be and what you want to do in your life.
7. Deals with all significant roles in your life. It represents a lifetime balance of personal, family, work, community - whatever roles are yours to fill.
8. Is written to inspire you - not impress anyone else. It communicates to you and inspires you at the most elemental level. (Covey, 1997, p.107)

Practice

Practice with the following sentence forms to start to create your vision and mission for yourself. Take one minute to complete each unfinished sentence.

It is my mission/covenant...

To live: _____

To work: _____

To continue: _____

To love: _____

To be: _____

To become: _____

To believe: _____

To promote: _____

To strive: _____

To seek: _____

Self-Directed Compassion Fatigue Resiliency Plan

1. **Self Regulation.** Ability to switch from the sympathetic to parasympathetic nervous system after you have determined that you are safe from threat. Requires relaxation of muscles. Identify method(s) that you can employ to relax your body and maintain its relaxation:
 - a. _____

2. **Intentionality.** The ability to follow your Covenant/Code of Honor and maintain your personal integrity. To shift from reactivity and impulsive behaviors to chosen behaviors. Identify two situations where you perceive threat and where habitually respond reactively, are de-railed from your mission, and breach your integrity (can be professional or personal). Make commitment to self-regulate during these periods:
 - a. _____
 - b. _____

3. **Perceptual Maturation.** Evolving our perception to see our workplaces as less threatening and ourselves as empowered in these contexts is an important part of professional resiliency. Identify one way that you can address each of the below in your work:
 - a. **Choice vs. Demand:** _____
 - b. **Process vs. Outcomes:** _____
 - c. **Relinquishing Entitlement:** _____
 - d. **Maintaining Integrity:** _____
 - e. **Self-validation:** _____

4. **Connection/Support.** The utilization of three or more peers to serve as a support for you. These persons should be educated in how to best help you and should be able to listen without judgment or interruption. You will want these peers to be “safe” for you and trusted enough that you can share uncomfortable information. You will want to utilize these peers to discuss the painful and difficult aspects of your work and for discussions of where you are finding yourself struggling with intentionality. Identify three new people who you will request to become members of your support family:
 - a. _____
 - b. _____
 - c. _____

5. **Self Care.** What activities “re-fuel” you? You should identify at least one aerobic activity in which you will engage three times weekly. You should also identify an “integrative activity” (e.g., learning a musical instrument, learning an art or craft, learning a sport) that contains both the learning and discipline of mastering the rudiments (e.g., scales, tools, drills) as well as ample time to participate in “playing” in this activity. The remaining three should be activities that replenish you and give you a sense of joy, reconnecting you with life, hope, and wonder. Identify five activities that will help you face each new day with fullness and potency:

- a. **Aerobic:**_____
- b. **Physical:**_____
- c. **Psychological:**_____
- d. **Emotional:**_____
- e. **Spiritual:**_____
- f. **Professional:**_____
- g. **Integrative:**_____

That which is to give light



Must endure burning