

THE ARP for Compassion Fatigue:

A Self-Guided Resiliency & Recovery Series

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CD #1

Track #1: Introduction to the Accelerated Recovery Program for Compassion Fatigue (4:52)

Track #2: Intro & Exercise — Crucible of Transformation (25:15)

Track #3: Intro & Exercise — Retirement Party (24:15)

CD #2

Track #1: Intro to NLP — Reflect & Process Memories (5:28)

Track #2: NLP Reflect & Reprocess Exercise (25:51)

Track #3: Intro & Exercise — Circle of Support (9:59)

Track #4: Conclusion of Program (6:31)

Track #5: Music Sampler by Diane Kistner, Ph.D. (4:30)

This two CD-ROM set was developed as a self-guided series to address the needs of those feeling overwhelmed as a result of their caring attention to others in the course of their professional or personal work and life commitments.

- Over time, working continuously in emotionally charged situations, can become overwhelming. If you ever feel as though you are losing your sense of self to the people you serve, you may be suffering from Compassion Fatigue. Those who care for others professionally or personally are especially vulnerable to Compassion Fatigue (a combination of secondary traumatic stress and burnout). Compassion Fatigue is the emotional residue of exposure to working with the suffering of others.
- There are human costs associated with Compassion Fatigue: job performance suffers, mistakes increase, morale drops and personal relationships are affected. Home lives start to deteriorate, personalities deteriorate. Eventually Compassion Fatigue can lead to an overall decline in general health.
- Overcoming and managing Compassion Fatigue allows you to maintain and improve personal and professional satisfaction.

It is our hope that this program offers you a pathway to resiliency.
Anna & Eric.