

## Self-Care and Compassion Fatigue: A Statement

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God calls chaplains and Emergency Care workers to intervene in calamities and positively impact the lives of others. While there is an immense sense of satisfaction in this ministry, the frequent involvement in trauma impacts the lives of these public servants.

The eventual term for this repeated impact is burnout.<sup>1</sup> A more clinical term is compassion fatigue. Self-care is a proposed remedy for compassion fatigue. A recent study discovered a strong correlation between self-care and compassion fatigue.<sup>2</sup> However, self-care has limits. In addition, many Chaplains and Emergency Care Workers are simply remiss about their self-care practices. In many cases, there may be a need to seek the care of a professional.<sup>3</sup>

Access to professional care comes with a cost, and the price is not always financial. Seeking professional care can also cause reputational harm. We want to address this. Our mission is to offer a vehicle where Chaplains and Emergency Care Workers can receive triage in a safe, confidential medium.

This triage will be self-directed by the client, meaning they submit their concerns anonymously, and we discuss them. The plan is that this triage will allow the client to have a greater awareness of themselves and the best approach to addressing their concerns. This experience may be a by-product of the diminished reluctance to seek professional care.

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<sup>1</sup> Jason T. Hotchkiss and Ruth Leshner, "Factors Predicting Burnout Among Chaplains: Compassion Satisfaction, Organizational Factors, and the Mediators of Mindful Self-Care and Secondary Traumatic Stress," *Journal of Pastoral Care & Counseling*, 72 no. 2 (2018): 86–98.

<sup>2</sup> [Masoud Kianpour](#), "Mental Health and Hospital Chaplaincy: Strategies of Self-Protection (Case Study: Toronto, Canada)" *Iran J Psychiatry Behav Sci.* 7 no. 1 (2013); 69–77.

<sup>3</sup> Maryann Abendroth, and Jeanne Flanner, "Predicting the Risk of Compassion Fatigue." *Journal of hospice and palliative nursing*: 8, no. 6 (2006): 346–356. Accessed September 2, 2023

