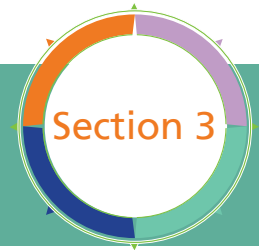



Compassion Fatigue: Connection to Trauma, Stages and Assessments



Staff Support

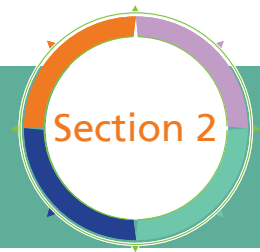


Circle Agenda

Agendas created in partnership with 
MILWAUKEE PUBLIC SCHOOLS
 Project AWARE

Circle Topic	CR3: Compassion Fatigue- Connection to Trauma, Stages and Assessment
Planning:	
Purpose of circle/ learning objectives	We are learning about proactive measures we can take to prevent the progression of compassion fatigue.
Materials/preparation/time	Time: 45-50 min Materials: Circle kit, values and shared agreements created in first session, Compassion fatigue's path in section 3. Set-up: Up to 15 chairs arranged in a circle without furniture in the middle
Welcome/opening	"You may encounter many defeats but you must not be defeated." — Maya Angelou
Check-in or community- building activity	1. (Talking piece) How are you doing on a scale of 1-5? Answer the following statement: "If you really knew me, you'd know that...".

Compassion Fatigue: Connection to Trauma, Stages and Assessments



Circle Topic	
CR3: Compassion Fatigue- Connection to Trauma, Stages and Assessment	
Guiding questions	<p>Explain: Compassion fatigue is referred to by Ross Greene, clinical child psychologist, as a decrease in a person’s capacity to empathize with those who are suffering.</p> <p>Show staged model cat video.</p> <ol style="list-style-type: none">1. (Talking piece) How has learning about trauma impacted you as an educator?2. (Talking piece) What is one way you have seen or experienced compassion fatigue in your school?3. (Talking piece) What is one thing you have done or do to support your compassion resilience?4. (Popcorn) Ask for a few volunteers to share a story of renewal or resilience they have witnessed during their time in education of someone who went from compassion fatigue to compassion satisfaction.
Check-out/check for understanding	What is one thing you will start or continue to nurture your own compassion satisfaction?
Closing	Repeat after me - Steps 1-5 (section 3): <ul style="list-style-type: none">▪ Step 1: “Just like me, this person is seeking happiness in his/her life.”▪ Step 2: “Just like me, this person is trying to avoid suffering in his/her life.”▪ Step 3: “Just like me, this person has know sadness, loneliness and despair.”▪ Step 4: “Just like me, this person is seeking to fill his/her needs.”▪ Step 5: “Just like me, this person is learning about life.”