

MODULE 6

Compassion Fatigue & Burnout

Recognize It. Respond to It. Recover from It.

Caring for other people has a cost, and pretending it doesn't is how helpers end up burned out, numb, or gone from the profession altogether. This module is about naming that cost honestly, and doing something about it before it's too late.

Why This Module Matters

Compassion fatigue doesn't usually announce itself. It creeps in as irritability, exhaustion, or a growing sense that nothing you do matters anymore. This module helps you catch it early, in yourself and in the people you support, instead of waiting until it's a crisis.

What You'll Walk Away With

You'll leave able to recognize the early warning signs of compassion fatigue and burnout, both in yourself and in your colleagues. You'll learn concrete recovery practices, not vague advice to self-care more, but real habits that sustain a long career in this work.

What's Inside

Clear teaching on what compassion fatigue and burnout actually look like, including the ways they hide behind competence and toughness. Practical recovery tools. Honest conversation about why sustaining yourself is part of the job, not separate from it.

PRESENCE™ and ATTUNE™ in Practice

You can't offer PRESENCE™ from an empty tank. This module ties directly to ATTUNE™, teaching you to track your own stress impact over time, not just in the moment, so you can catch depletion before it costs you your career or your health.

A Story You Might Recognize

A veteran nurse who used to love her job realizes she hasn't felt anything, good or bad, during a shift in months. She's not lazy or uncaring. She's running on empty, and until someone names it for her, she assumes this numbness is just what the job does to everyone eventually.

Who This Is For

Fire and EMS, law enforcement, dispatch, and other public safety personnel. Peer support team members, coordinators, and supervisors. Chaplains and spiritual care providers. Nurses, healthcare workers, educators, and other helping professionals. Leaders responsible for their team's wellbeing.

How We Ground This Work

This module draws on research into compassion fatigue, vicarious trauma, and burnout recovery, translated into language and habits that fit real schedules and real careers, not just a wellness retreat.

Scope and Safety

This module teaches recognition and recovery skills. It doesn't replace professional mental health treatment for burnout that has become severe, and it doesn't substitute for organizational change when the problem is systemic.

Where This Leads

What you learn here protects everything else in this library, because none of these skills matter if the helper using them has nothing left to give.

Learn the skill. Practice the encounter. Become the presence your people can trust.