

Compassion fatigue plagues caregivers worldwide. When providing care to others without incorporating authentic, sustainable self-care practices into our daily lives, destructive symptoms surface. Isolation, emotional outbursts, substance abuse and reoccurring nightmares are just a few of the symptoms that can distress the life of a caregiver. With awareness and knowledge, compassion fatigue can be recognized and managed. To Weep for a Stranger: Compassion Fatigue in Caregiving is the first step in learning more about this emotional and physical pain-filled syndrome and how to break free from the bonds that restrict compassionate, dedicated caregivers from living a happy, healthy life. Included in this book is the definition of compassion fatigue, its symptoms and causes, and standards of self-care. Also, you'll find information for those new to the helping professions and a special section for family caregivers.

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To Weep for a Stranger has 14 ratings and 0 reviews. Compassion fatigue plagues caregivers worldwide. When providing care to others without incorporating. To weep for a stranger: compassion fatigue in caregiving / Patricia Smith. Also Titled. Compassion fatigue in caregiving. Author. Smith, Patricia. Published. Compassion fatigue plagues caregivers worldwide. When providing care to others without incorporating authentic, sustainable self-care.

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As a certified Compassion Fatigue Specialist with more than 20 years of Her seminal book, To Weep for a Stranger: Compassion Fatigue in Caregiving, is a. To Weep For A Stranger: Compassion Fatigue In Caregiving. by Patricia Smith A Guide To Recognizing And Managing Compassion Fatigue. by Patricia Smith.

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