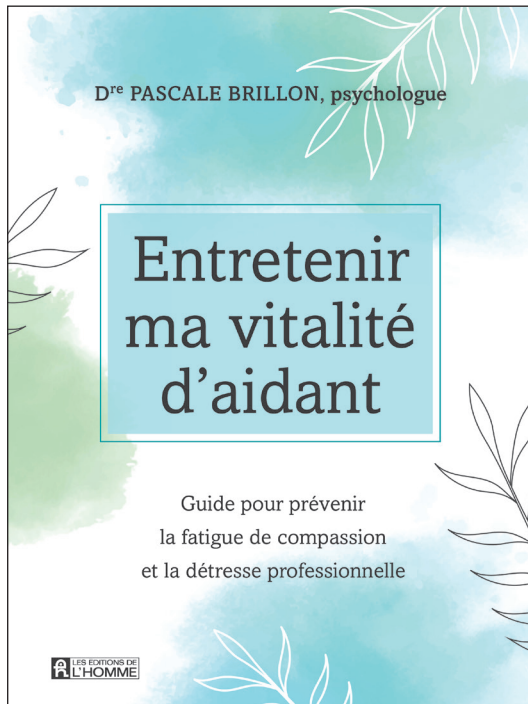


Temporary Cover



MAINTAINING MY ENERGY AS A CAREGIVER
A guide to preventing compassion fatigue and vicarious trauma
Pascale Brillon

People in the helping professions are exhausted; this book reaches out a hand to them. A highly topical book.

256 pages
September 2020
Éditions de l'Homme

You're a psychologist, social worker, doctor, or therapist. You're a first responder, an intervenor, an informal caregiver. You help, you support, you advise, you're there in a crisis when there's no one else, when everything seems to be falling apart. You chose this work or role because you have a vocation and for a long time (and sometimes still) it has fulfilled and nourished you, but now you find it heavier to bear, and sometimes you feel overwhelmed by powerlessness or sadness when faced with all of this suffering.

Written by Pascale Brillon, a psychologist specialized in the treatment of post-traumatic stress, this book is a valuable tool that will teach you how to maintain your energy as a caregiver so you can continue to listen, support and assist those people who are suffering the most in our society. The author will give you the information and tools needed to fight back against your reactions of compassion fatigue and vicarious trauma. In practical terms, this book will help you get to know yourself better, adopt a better approach to intervention, build a good support network for yourself and take better care of yourself by putting self-care into action. Specially written to serve and support caregivers, it will give you the opportunity to step back and assess the work that takes up so much space in your life.

Strong points

- A book that aims to help you better understand the roots of your distress and learn strategies for maintaining your energy as a caregiver.
- Solidly based on research data.
- The result of the author's extensive clinical expertise.
- Expert author known internationally for treating traumatic stress and grief.

Pascale Brillon is a psychologist specialized in treating post-traumatic stress and a professor in the Department of Psychology at the Université du Québec à Montréal. She trains intervenors and lectures internationally.