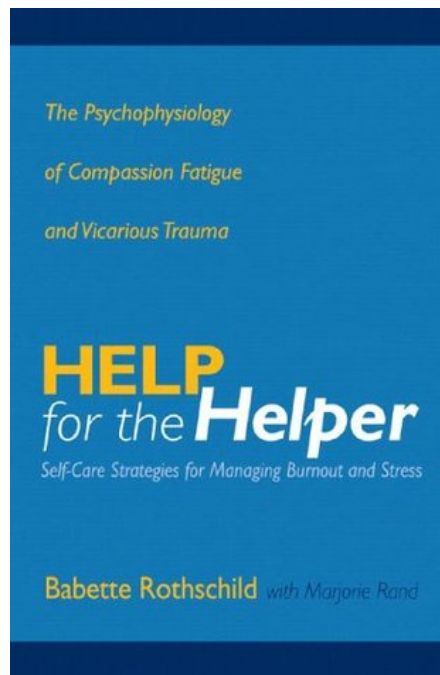




Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma

Babette Rothschild , Marjorie L. Rand

Download now

Read Online ➔

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma

Babette Rothschild , Marjorie L. Rand

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma Babette Rothschild , Marjorie L. Rand

Therapist burnout is a pressing issue, and self-care is possible only when therapists actively help themselves. The authors examine the literature from neurobiology, social psychology, and folk psychology in order to explain how therapists suffer from an excess of empathy for their clients, and then they present strategies for dealing with burnout and stress.

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma Details

Date : Published March 17th 2006 by W. W. Norton Company (first published March 1st 2006)

ISBN : 9780393704228

Author : Babette Rothschild , Marjorie L. Rand

Format : Hardcover 272 pages

Genre : Psychology, Social Science, Social Work, Nonfiction



[Download Help for the Helper: The Psychophysiology of Compassion ...pdf](#)



[Read Online Help for the Helper: The Psychophysiology of Compassi ...pdf](#)

Download and Read Free Online Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma Babette Rothschild , Marjorie L. Rand

From Reader Review Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma for online ebook

Janet Ferguson says

I HIGHLY recommend this book to any therapist or care-giver who wants to be effective and empathetic without taking on clients' trauma or intense emotions. I am looking forward to implementing the author's strategies to stop having nightmares and allowing my clients' stories to negatively affect my own life. In order to help THEM, I have to be able to avoid "catching" some of the more intense emotions. I am confident the lessons learned from this book will help me be a better therapist in this way.

Asta says

Hyvä sisältö. Valitettavasti suomennettu psykologian alan kirjallisuus vaikuttaa vilisevän anglismeja, kankeita virkkeitä ja jopa puuttuvia sanoja ja lyöntivirheitä. Tämä käännös ei sentään ole pahimmasta päästä, mutta hankin omaan hyllyyni silti mieluummin alkukielisen.

Matthew says

I read this book as a part of my Master's degree and research for my capstone (thesis) paper.

Rothschild has managed to write detailed and organized descriptions of some of the latest neurological research on how humans react to each others' emotions both consciously and unconsciously, especially as helping professionals. Much of the information was new to me about how we have a tendency to mirror the feelings, emotions, and posture around us. As I read, it made so much sense. The film industry must know at a fundamental level that humans resonate emotionally with just about anyone.

I approached this book with my lens as a teacher and aspiring school administrator and was not put off or overwhelmed by the neurology and science in the book. I LOVED how practical and on point Rothschild is in reducing vicarious traumatization, compassion fatigue and burnout. This book will be cited repeatedly in my research.

Meg says

This should be required reading for everyone in a helping profession (in the broadest sense). I was shocked to realize how much I *hadn't* been taught in graduate school (or the 5-6 years since) on the physiology of how we "catch" other people's emotions. I also found it (strangely) unusual and refreshing for Rothschild to assert that (1) it's not good to catch your clients' emotions, as this can make you "the prisoner of someone else's nervous system" (I love this phrase); and (2) it's actually possible to DO something about it. Unlike other books on vicarious trauma, which focus on how you should get your own therapy or take a lot of soothing baths, Rothschild offers a lot of very specific and practical techniques (most of which are things you can do *in the session*) for "unmirroring" and generally being able to untangle your own feelings from your client's feelings.

I also was really surprised by - and appreciative of - her questioning of the whole concept of "projective identification." I had never questioned this idea before, but her critique is so sensible and spot-on. I loved when she pointed out the client-blaming aspect of claiming that a client "makes us feel" a certain way. Although interpersonal relationships have a mysterious quality (that perhaps can't entirely be pinned down to physiology), knowing about the physiology makes the whole process seem more clear and understandable, and less ominous and overpowering.

Theta Sigma says

Una interesante y útil herramienta para cualquier profesional de la ayuda, ya sea psicólogo, enfermera, terapeuta de cualquier tipo, asistente, etc. Aunque personalmente la introducción se me hizo tediosa por ya conocer los conceptos, puede resultar muy útil para quienes no estén familiarizado con los conceptos de neuronas espejo, reflejo, o empatía desde un punto de vista más profesional y serio, por lo que es, realmente, necesaria.

Sin embargo la gran utilidad del libro es su segundo mitad: ofrece un muy amplio abanico de técnicas y trucos para controlar tu propio estrés y tensión en la práctica profesional, para evitar el contagio emocional, y demás cargas que puede llegar a tener el profesional que se dedica a ayudar a los demás. Es muy fácil que nos quedemos con las cargas negativas de nuestros pacientes/clientes y es fundamental poder escudarnos contra ellas e incluso saber cómo liberarnos de forma sencilla para poder actuar de filtro sin retener esas cargas y así, al final, poder ser de más ayuda.

Cyndi says

Too much empathy - can that really be a problem? Yes it can! Particularly so, as the author explains, if it is not employed with conscious awareness. If it remains unconscious (and therefore unexamined,) this tendency can be very draining for the practitioner, leading to emotional and physical health problems as well as potential burnout. It can also be detrimental to the therapeutic relationship, and even to the client's well-being. For those who are highly sensitive and attuned to the emotions of others, particularly those working in helping professions, this book will be an excellent resource. It is the best I have read on emotional contagion, vicarious trauma, and compassion fatigue. The author's treatment of these topics is comprehensive, backed with research and physiological explanations, full of helpful anecdotes as well as practical suggestions.

Gato says

Some excellent practical advice here.

Rachel Brown says

This book explains the physiology and psychology of empathy, mirroring, and vicarious trauma. Most usefully, it has a set of detailed exercises that therapists can do to avoid or recover from vicarious trauma.

Amy says

Although, this book was designed for therapists and psychologists, I think it is a good for anyone in a major care taker role (teachers, nurses, etc.), or anyone who has a hard time watching the news (or Oprah) without crying. It explains effectively how anxiety and depression can be "catching", and gives tips on how to avoid it.

Alex says

If you work in any of the helping professions, this should be required reading. More books are coming out about self-care, but this is one of the best I've read.

Paltia says

May seem repetitive for those in practice over the long haul. However, if you do supervision or work as a consultant there are some entertaining and useful exercises sprinkled through the text. I don't think Rothschild credits Bandler but there is a lot taken from NLP theories.
