

Podcast: "I Don't Know if You Know This About Me"

Episode 1: How to Boost Compassion Satisfaction in a World of Compassion Fatigue and Burnout, Part 1

Test

Name: _____ Email: _____

Agency/Department: _____ Type of CEUs Needed: TCOLES SWK LPC
Training Hours

1. When unrecognized or ignored _____ may lead to feelings of detachment, cynicism, and exhaustion.
 - A. Moral Injury
 - B. Organizational Support
 - C. Training
 - D. Compassion Fatigue
2. (T/F) A history of personal trauma appears to have some influence on the investigative activities of law enforcement.
3. _____ is work related secondary exposure to extremely traumatic and/or stressful events.
4. (T/F) Burnout is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively.
5. (T/F) Using negative coping strategies can include using drugs, alcohol, overeating, cheating, withdrawing from others, attempting to forget difficult case material and can escalate compassion fatigue or burnout.

Evaluation: Please mark your evaluation of this training:

(1) Strongly Disagree; (2) Disagree; (3) Neutral; (4) Agree; (5) Strongly Agree

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|--|---|---|---|---|---|
| 1. This episode was helpful in understanding secondary traumatic stress, compassion fatigue, and burnout | 1 | 2 | 3 | 4 | 5 |
| 2. The information was presented in a way that was convenient, user friendly, and interesting | 1 | 2 | 3 | 4 | 5 |
| 3. This topic was applicable to the work I do | 1 | 2 | 3 | 4 | 5 |
| 4. I would recommend this training to a peer | 1 | 2 | 3 | 4 | 5 |
| 5. I would be interested in future podcast trainings from the "I don't know if you know this about me" Podcast | 1 | 2 | 3 | 4 | 5 |

Additional Comments:

Return this form to: jsteenbergen@elliscountycac.org