

# Online Therapy For Compassion Fatigue, Vicarious Trauma, Burnout



The symptoms can include physical exhaustion, alterations in sleep and eating patterns, headaches, behavioral changes with substance abuse.

Compassion fatigue affects those who have a strong empathy with their clients and refers to emotional exhaustion from repeated exposure to their traumatic situations.



Vicarious trauma occurs when the helper has a profound shift in their worldview because of a long term and repeated exposure to the first-hand traumatic experiences of their clients.

It is not always possible to separate these conditions. They can co exist and overlap. Therapy can help determine the treatment appropriate for each case.



Most of such professionals at risk believe in the need for self care strategies but very few report actually practising such measures.