# **Invigorating Compassion**

**Brand:** Heartbeat Academy

**Product Code:** 1135

**Price: \$30.00** 

### **Short Description**

Compassion fatigue and burnout often deprive healthcare providers of altruistic motivations and attributes that initially attracted them to caregiving. Aside from the recommendations for a healthier lifestyle, little has been offered to assist those in caring occupations to nurture their empathetic resiliency

and enduring passion for helping others in need. This course helps care providers reclaim their compassionate zeal by uncovering factors that can derail empathetic caregiving; it also provides practical applications that are beneficial both personally and professionally.

This course offers continuing education contact hours for nurses. Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1.00 contact hours.

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Course published in 2025.

#### **Outline**

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- I. Reflection and Compassionate Care Concepts
- A. Introduction
- 1. Course Goals
- 2. Career Reflection
- 3. Benefits for Patients and Caregivers
- B. Assessment
- 1. ProQOL Version 5
- 2. Short Compassion Fatigue Scale
- II. What Is Burnout and Compassion Fatigue
- A. Definitions
- 1. Burnout
- 2. Compassion Fatigue
- 3. Vicarious Trauma
- B. Risk Factors
- 1. Occupational and Personal
- 2. Mental and Physical
- C. Trajectory of Compassion Fatigue: Compassion Deterioration and Reinvigoration Model
- 2. Pathology and Victimization or Maturation and Renewal
- III. Self-Compassion and Resilience [Practical Application]
- A. Practical Application: Self-Care Action Plan
- B. Barriers to Self-Care
- C. Boundaries and Self-Advocacy
- D. Debriefing
- E. Resiliency Practices
- 1. Life-Long Learner Strategy
- 2. Reinvigorating Zeal for Empathetic Caregiving
- 1. Phases (Zealot, Withdrawal, Irritability, and Zombie)

# **Refund Policy**

## Refund Policy

1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat

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2. When a course/webinar is cancelled for which individuals have registered, Heartbeat International will send a notification to each registrant per email or phone. Full refund will be sent to registrant within one week of cancellation.