

Reflections upon the role of spiritual techniques and practices in countering compassion fatigue, burnout and vicarious trauma

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This workshop presents 16 principles to guide an integrated spiritual approach to practice and is intended to be interactive including discussion and input from participants. This workshop will encourage participants to reflect on their own practice and how they integrate spiritual principles and approaches. It will also provide the opportunity for participants to work with some of the key principles the author has identified through her own professional and spiritual practice as being beneficial in addressing compassion fatigue, burnout and vicarious trauma. The 16 guiding practice principles explored in this workshop emerged through a comprehensive qualitative research project exploring the ontology, epistemology and methodology of four proposed spiritual paradigms (Spiritual Positivism, Spiritual Constructivism, Conscious Spiritual Theory and Integrated Spiritual Theory) and theories and practices which stem from them. Theories and practices explored within these proposed spiritual paradigms included those drawn from Hinduism, Buddhism and Sufism