

Leisure-Spiritual Coping Model: A Framework for Coping with Compassion Fatigue

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Overview

- Compassion Fatigue/"Burnout" impacts both family and medical caregivers, as much as 50% of the workforce, costing the health industry 4.6 billion dollars a year.
- Often coping with compassion fatigue is through unhealthy means. RT can provide alternative coping strategy.

Leisure-Spiritual Coping Model

- Model demonstrates process for healthy coping strategy for stressful events based on a person's perceptions and beliefs toward the situation.
- Utilizes leisure experiences/interest that are meaning making and social/spiritual connecting leisure activities, and spiritually coping behaviors.

Linking Model for Coping

- Coping achieved through both traditional and non-traditional spiritual practices
- Feeling socially and spiritually connected to others assists in the coping process.
- By finding meaning in the situation, reflecting back on the coping process and beliefs, assists persons in coping.

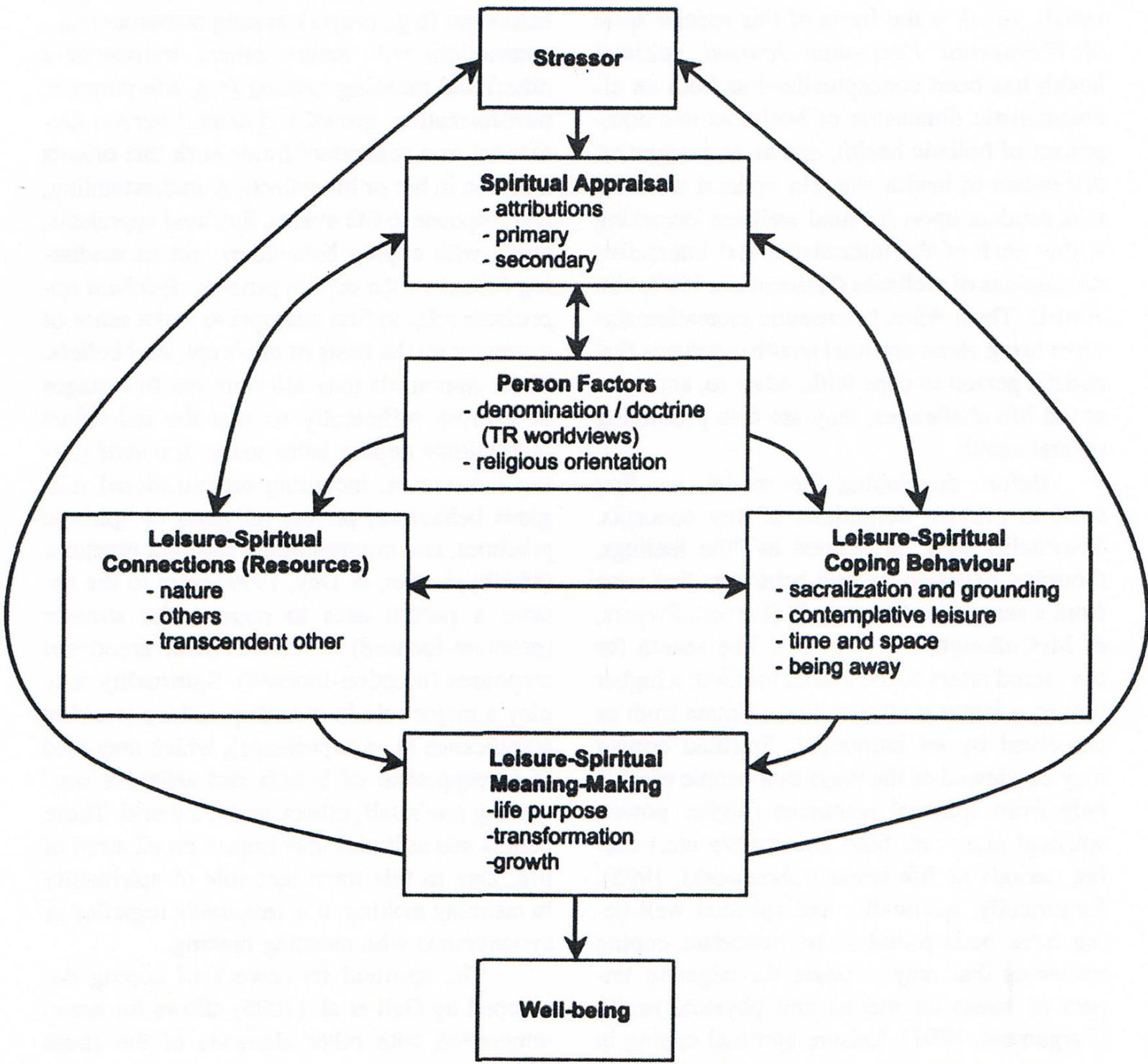


FIGURE 1: LEISURE-SPIRITUAL COPING MODEL. ADAPTED FROM GALL ET AL.'S (2005) SPIRITUAL FRAMEWORK OF COPING

Leisure-spiritual interests and connections provide a natural, personal way of coping and preventing burnout for health care professionals.

IMPLICATIONS FOR RT

- Provides holistic coping process for prevention and alleviation of burnout for medical professionals, including RT.
- Because of effects of COVID-19, would provide coping process for professionals and clients with stress and anxious behaviors.
- RT could incorporate coping process as self-care workshop with Employee Wellness Program for company staff.
- Non-traditional spiritual practices may be as effective as traditional spiritual practices for coping
- Meaning-making leisure and reflection provides natural coping process for medical professionals, assisting staff to rediscover motivations for working.

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