College of Education 2013

CounseLion

The Counselor Education Newsletter
March 2013
Vol. 7, Issue 1/2

PENNSTATE
1855

CHECKING YOURSELF FOR

Burnout and Compassion Fatigue

By **Laura Anne Copley**

The counseling field is a rewarding profession that also involves highly distressing and sometimes traumatic circumstances. Many counselors find their personal or professional lives impaired at one time or another with results that can range from mild problems to major disasters. Human beings are social creatures that can be deeply impacted by the experiences of others, so counselors need to recognize this natural tendency and monitor it through personal insight, reflection, and supervision.

Impairment can manifest itself by life becoming so overwhelming that it interferes with work or vice versa. Burnout, compassion fatigue, substance abuse, and relationship problems are just some of the conditions associated with a counselor becoming impaired. Counseling relationships with people in crisis is stressful work, so it is critical that counselors consistently take stock of their own health status in order to remain valuable to their clients, family, and themselves.

(*Continued on page 2*)

CONTENTS

4 Lois Erhmann Creates an Agency in Her Own Vision of Kinder and Gentler Therapy

6 A Leadership and Service Club for Middle School Students Makes a Difference

7 Hair-Splitting Tale of a Latina

8 The Summit Project: Integration of school and community mental health systems

9 Jessica Koltz: Triathlete and Counseling Intern

10 Korea and Penn State Counselor Education: Expanding Cultural and Academic Boundaries

11 Where Some Recent Graduates are Working

12 Favorite Books

13 Faculty Upates