



# Spiritual Sinkholes: A Practical Guide to Avoiding Compassion Fatigue

*Dr. Jim Caruso*

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## **Spiritual Sinkholes: A Practical Guide to Avoiding Compassion Fatigue** Dr. Jim Caruso

Many clergy experience a debilitating stress condition called Compassion Fatigue. Church leaders leave ministry for many reasons such as moral failure, financial stresses, marital problems, burnout, and Compassion Fatigue. Many of these outcomes are a direct result of a lack personal self care. This book will encourage the reader to realize that self-care is not selfish. Compassion Fatigue is not easily recognized, but its effects on ministry leaders are clearly visible. Church leaders are vulnerable to Compassion Fatigue through their care-giving role. Compassion Fatigue can be defined as the 'cost of caring too much.' This book will help the reader understand the signs and symptoms of Compassion Fatigue and presents practical life applications that will lead to a pattern of healthy Sabbath rest and self-care practices. The application of these disciplines will help prevent Compassion Fatigue and greatly improve health, strength, and longevity in ministry and family. A former paramedic with the BC Ambulance Service in Victoria; 5 years full time; 20 years part-time in different communities in BC and the Yukon; a volunteer fire fighter for over 10 years; a pastor for 26 years with the Pentecostal Assemblies of Canada and a former Volunteer Chaplain with the Royal Canadian Mounted Police. Jim currently holds a Masters Degree in Chaplaincy and a DMin in Leadership and Compassion Fatigue.

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