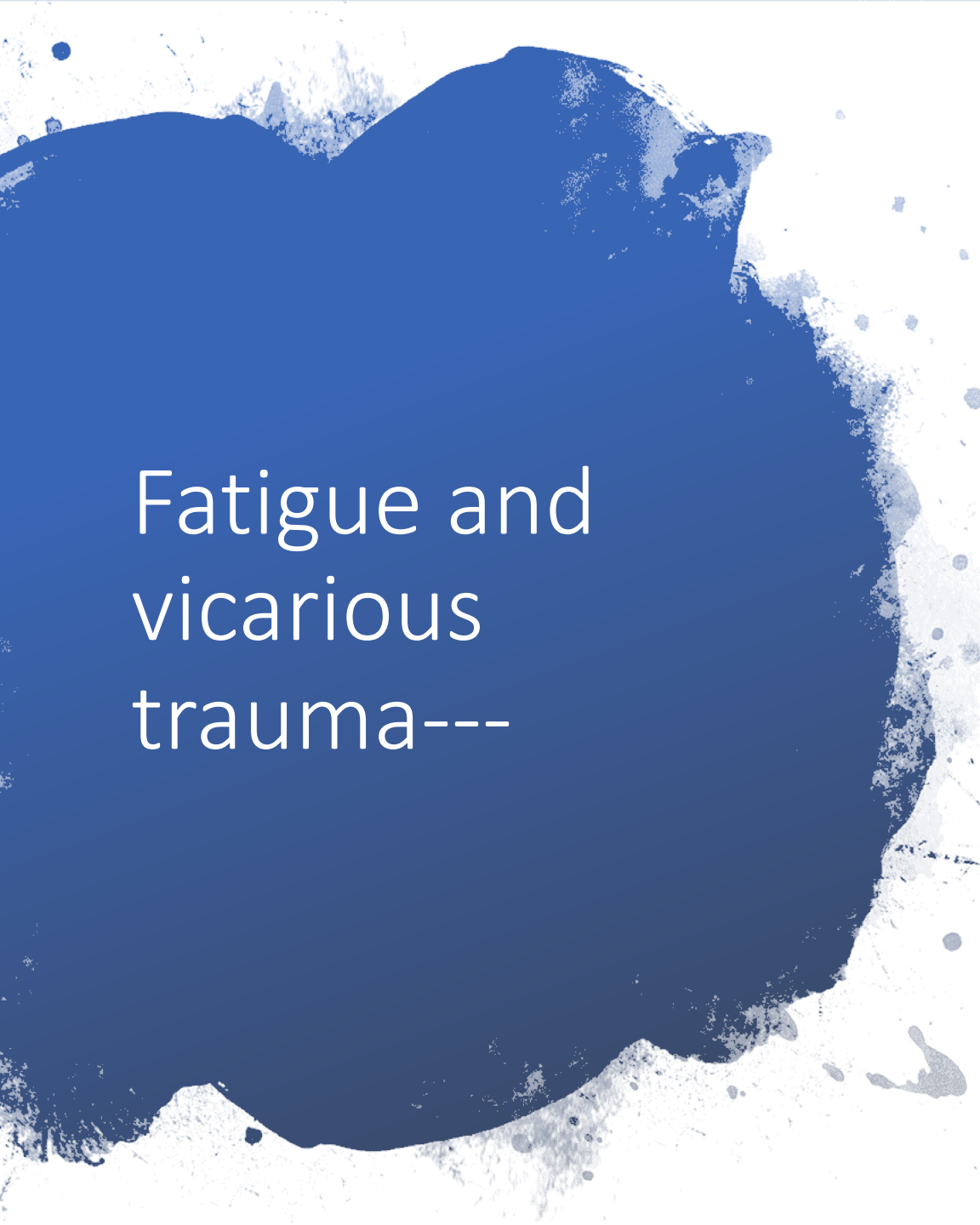




The Virtual Circle:

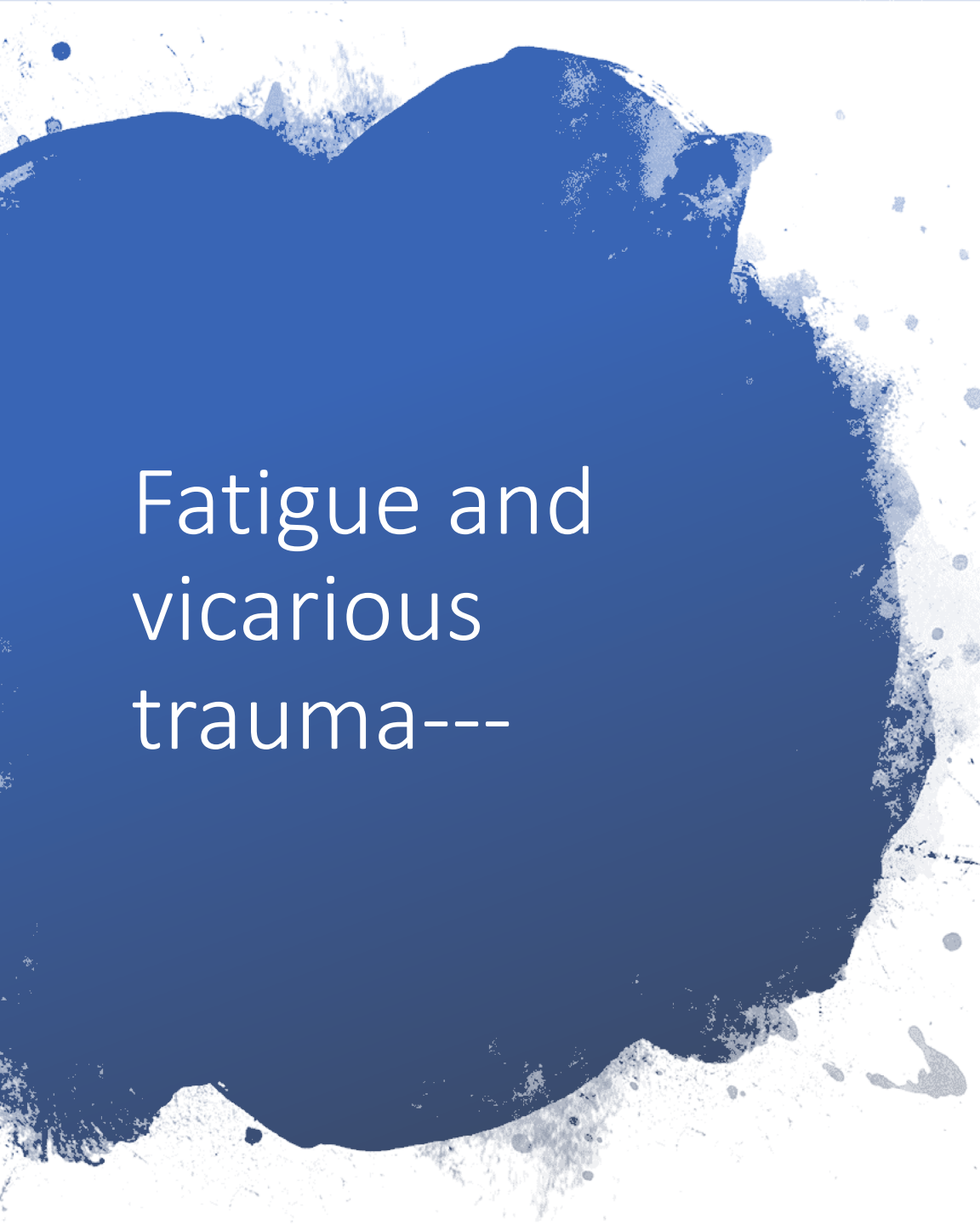
As the Judiciary... *“we choose health and extreme self-care!”*

- Cheryl Demmert Fairbanks, Esq.
- Inter-Tribal Court of Appeals of Nevada
- Native American Budget and Policy Institute
- fairbanksetal@msn.com
- FOR
- NAICJA 2020



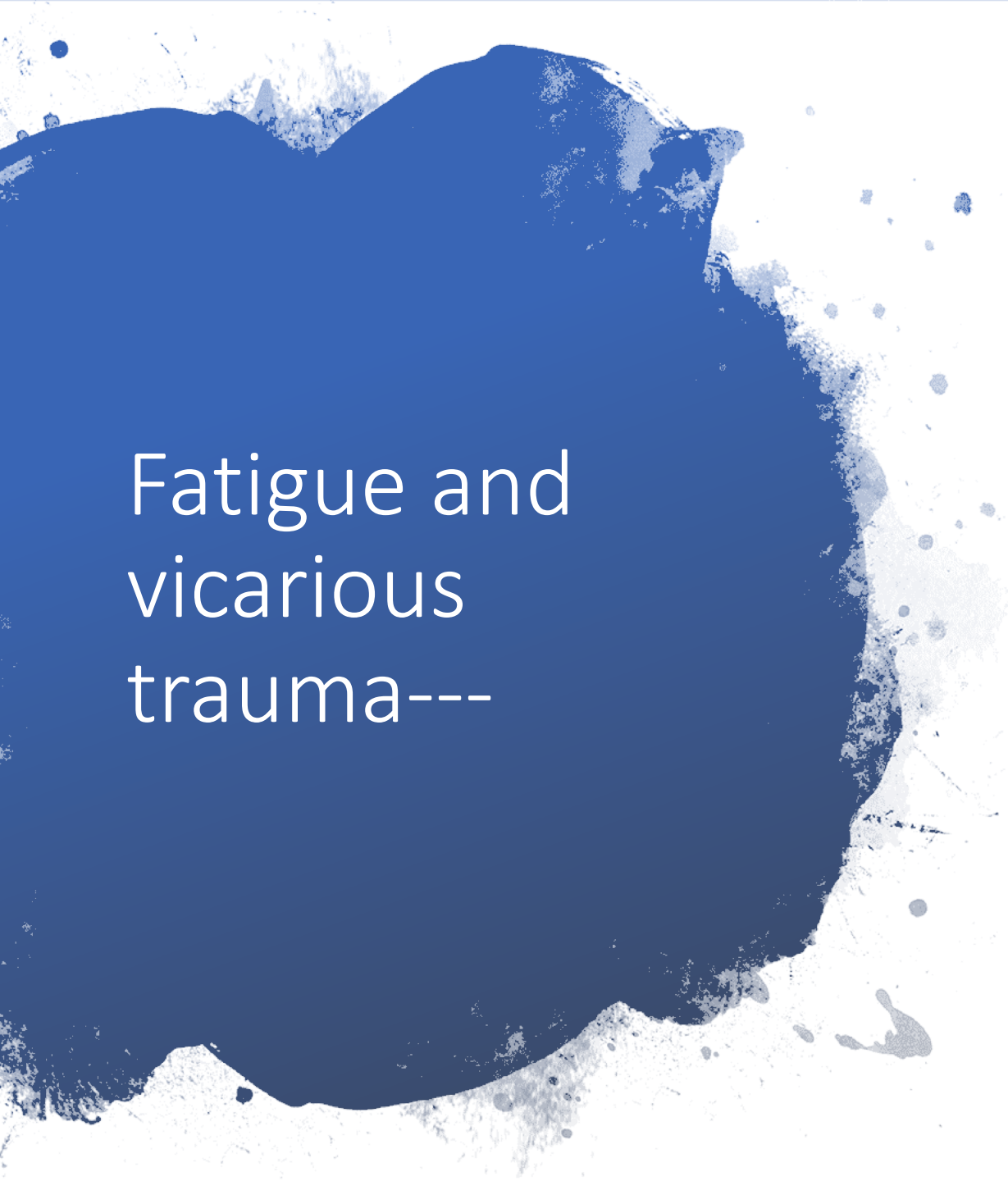
Fatigue and vicarious trauma---

- ❖ 500 judges surveyed
- ❖ Effect of court calendar on them
- ❖ 105 judges responded
- ❖ 63%-yes work related compassion fatigue



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Disrupts your
deeply held
beliefs:

- The professional comes to doubt deeply held beliefs about safety and the inherent kindness of others.

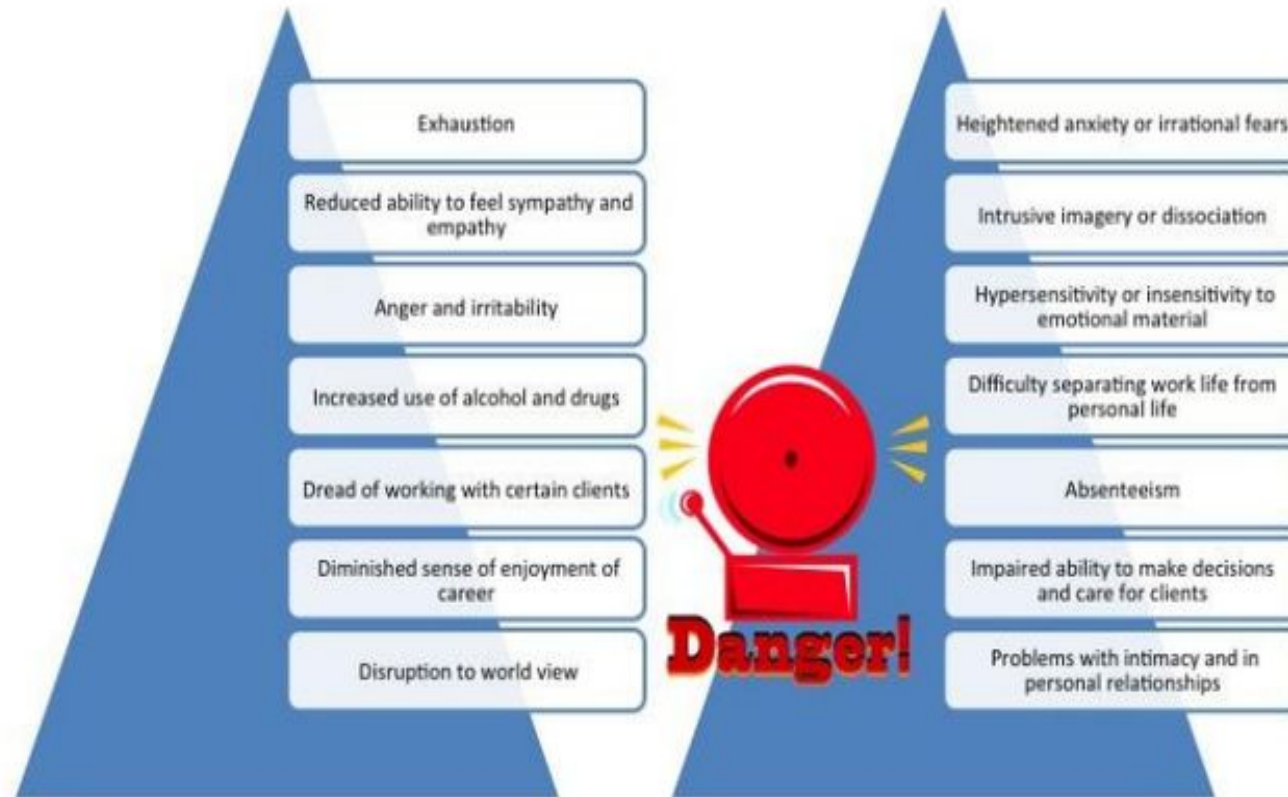
- Richardson, Jan, Guidebook on Vicarious Trauma, National Clearinghouse on Family Violence (2001)



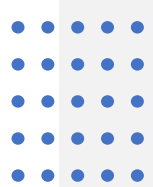
What is compassion fatigue(CF)?

- In judges- it is the result of vicariously becoming worn down and
- emotionally weary from hearing about and
- dealing with situations where people have been physically and emotionally injured,
- hospitalized and all too often killed.

Warning Signs of Compassion Fatigue in Staff



Developed by Christina Clarke, MS, HS-BCP, Coordinator of Continuing Medical Education and faculty, Wake Forest School of Medicine, Northwest AHEC



How does CF
affect your
court?

Exacerbates CF
and contributes
to lower morale:

- Poorly run courts
- Inefficient judicial administration
- Systemic glitches



What are the
symptoms of
CF?

- Internalized symptoms
- Sleeplessness
- Eating disturbances
- Increased anxiety
- Depression
- hypervigilance

External symptoms of CF

- Increasingly angry
- Irritable
- Intolerant of others
- Fearfulness
- Security consciousness
- Inability to make prompt decisions
- Increased difficult focusing/concentration





ABC's of CF
prevention and
avoidance:

- **Awareness***

- Balance
- Connection

- *most critical factor b/c we work long hours, cluttered office and car—no time for normal pursuits; Plus poor physical health and issues with family exacerbate;

AWARENESS:
(bringing our
oral tradition,
customs and
traditions...in
a
contemporary
context)

- Reassess being a judge
- Continually attend to physical and emotional health in a rigorous and disciplined way
- Holding ourselves personally accountable as well as holding others legally responsible.
 - Town, Mike (Judge), Compassion Fatigue, Judicial Wellbeing, “Is Compassion Fatigue an issue for Judges?” (2004).

We have been facing the wrong way...turn around: Balance and connection = important

- Judges find strength in their communities
- Their cultures
- Their faith
- Their colleagues
- And their families

BUFFERS: reaffirming our core values

- Healthy sense of HUMOR
- Active listener
- Adequate sleep
- Friendships
- Hobbies
- Vacations
- Healthy team environment, supervision, support



Empathy

Support

Relaxation

Supervision

Consultation

Healthy
Fitness

Wellness

Healthy limits

Mindfulness

Self-care

Knowledge

Skills

Energy

Healthy coping

Empowerment

Resilience

Exercise

Meditation Balance

Compassion

Pause...and share....

- Reflect and jot down moments where you experienced VT and or CF:
- What did it look like?
- How did it affect you?
- How did you manage?
- What might you do differently?

~ CLOSING BLESSING ~

Thank You & Stay Safe!

