



**Sunny (C.P) Philip-** born in southern India, migrated to Australia as a student, married an Australian medical doctor. Sunny and Katrina are blessed with three adult children.

After his Post Graduation, Sunny lectured at the Manager Training Institute in Australia, training bank staff into managerial levels. Having graduated in pastoral care and counselling, Sunny (together with his family) worked as a chaplain at the Christian Medical College in Vellore, India.

For his doctoral thesis, Sunny researched the topic of burnout in medical doctors. Since 1999 Sunny is a faculty member at the Haggai Institute for Advanced Leadership in Hawaii and Singapore.

Currently Sunny directs **Transform4Life**, a non-profit organization aimed at building better communities by caring for those in our spheres of influence.



**For more information about the seminar in your area, contact....**

**For more information about T4L...**

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**Nurturing and Promoting  
Healthy Relationships Series**

## **Where did we go wrong?**

**Burnout and compassion  
fatigue in caring  
professionals**

**A one-day workshop led by  
Dr. Sunny Philip**



**Transform4Life**  
**Caring for those who care**

*From Consumers  
to  
Community Builders*

## Burnout

*It feels like being sucked into an ever expanding and never ending vortex that pulls the person slowly and relentlessly into the depth of it from which there is no escape.*

*No idea how to stop the downward spiral. So you work harder and longer until you are completely burned out.*



## Playing a role or role-playing?

- Personal perception
- Perception of others
- Maladaptive values and abusive systems
- Compassion fatigue

Burnout is a state of physical, emotional, and mental exhaustion which results in disillusionment, cynicism, and self-depreciation. Maladaptive values, abusive systems and toxic workplaces can contribute to burnout.

**B**urnout is not the absence of spirituality; and spiritual persons are not spared from the devastating consequences of burnout.

Compassion fatigue is another name for a type of burnout... It is a kind of vicarious traumatization where the caregiver becomes unable to live a "normal" life as a result of constant exposure to other people's trauma.

*"The demands of the heart resist the pleadings and demands of reason, and create gaps between how we would like to be and who we really are"*

*La Bier*

- ✚ Compulsive overachievement
- ✚ Aloof interpersonal relationships
- ✚ Low trust of others
- ✚ Over emphasis of objectivity
- ✚ The struggle for control
- ✚ Infallibility syndrome
- ✚ Living without boundaries
- ✚ Unbalanced priorities
- ✚ Inappropriate understanding of failure
- ✚ Unwillingness to accept vulnerability
- ✚ Interpersonal rivalry

**Transform4Life** exists to motivate, train, mobilize, and support those who care to care for those in their spheres of influence