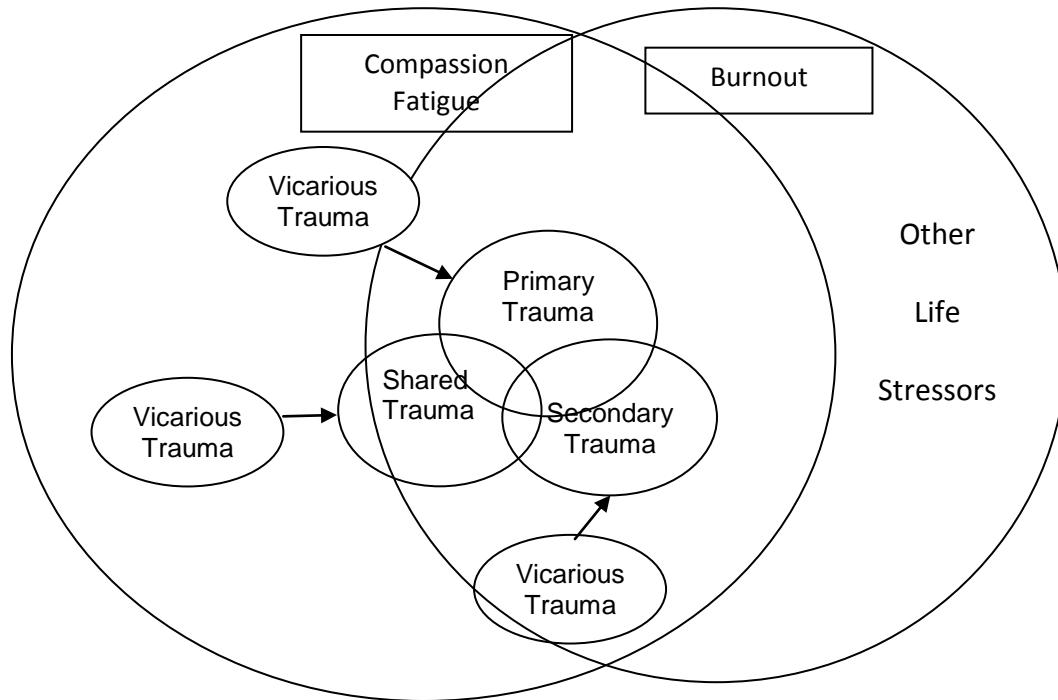


Terms/Definitions:



- Burnout – cumulative effects from work that result in the worker experiencing physical and/or mental health issues.
- Compassion fatigue – experience of someone in a helping role who feels negative consequences from their work, stretching from short-term stress to complete burnout.
- Primary trauma – experienced by the person directly impacted by a traumatic incident.
- Secondary trauma – experienced by witnessing the suffering of loved ones or being an eyewitness to a traumatic incident.
- Shared trauma – when multiple people were directly impacted by the same traumatic incident, even though their experiences were different.
- Vicarious trauma - when someone who was not directly impacted by a traumatic experience develops trauma-related symptoms as the result of working with or taking care of someone else who directly experienced a traumatic incident.

Trauma-Related Symptoms:

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Emotional numbing ❖ Sleep problems ❖ Being on high alert ❖ Social isolation ❖ Feeling lost, hopeless, despairing ❖ Increased irritability ❖ Increased negativity and pessimism | <ul style="list-style-type: none"> ❖ Loss of pleasure and interest in activities ❖ Increased illness and fatigue ❖ Trouble concentrating or making decisions ❖ Overeating or loss of appetite ❖ Substance abuse ❖ Disconnection from loved ones and spirituality ❖ Decreased joy and motivation |
|--|--|

Resources:

- Resources from this presentation on Beverly's website: <http://www.beverlyswann.com/client-resources/vicarious-trauma-resources/>
- Senobi Breathing - <http://rainforesthealing.com/feel-great-with-the-senobi-deep-breathing-stretch-exercise-technique-2/>
- Vicarious Trauma Toolkit - <https://vtt.ovc.ojp.gov/what-is-vicarious-trauma>
- Joyful Heart Foundation - <http://www.joyfulheartfoundation.org/learn/vicarious-trauma>
- Calm.com - <https://www.calm.com/>
- Headspace Meditation App - <https://www.headspace.com/>

How to Get Help:

- Family/friends
- Faith leaders
- Trauma-informed professionals/therapists, including employee assistance programs (EAPs)

Interviewing a Counselor or Therapist:

- ✓ Do you have training in trauma-informed concepts?
- ✓ Do you have experience working with vicarious trauma?
- ✓ Do you offer a free meeting/consultation to prospective clients?
- ✓ What is EMDR and do you use it as part of treatment?
- ✓ Do you offer telehealth (phone/online) sessions?
- ✓ What is your fee schedule and do you work with insurance? Do you direct bill insurance?
- ✓ What is your approach to diagnosis and treatment planning?
- ✓ What is your policy on missed sessions and rescheduling?
- ✓ What happens if I want to bring someone with me?
- ✓ Do you have relationships with other professionals if I need referrals?
- ✓ What happens in a session?
- ✓ How do you communicate outside of sessions?
- ✓ Are you comfortable with multicultural issues?
- ✓ What is your philosophy and how would you go about treating someone with my concerns?