

WHAT IS VICARIOUS TRAUMA AND WHAT YOU CAN DO ABOUT IT?

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Introduction – Beverly Swann

- Licensed Marriage and Family Therapist (LMFT) since 2009
- Integrative Wellness Coach since 2015
- Specialize in people recovering from trauma and seeking post-traumatic growth
- Masters in Counseling Psychology – JFK University
- Currently completing PhD in Mind-Body Medicine with a specialization in Integrative Mental Health – Saybrook University
- Office in Concord, CA

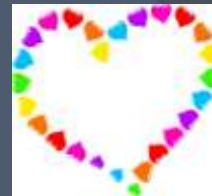


Silence Phones Please ! ! !



Introduction – Workshop

- Workshop objectives:
 - Distinguish between the different types of trauma and understand where they overlap.
 - Learn the Self-Care Stoplight model and identify ways to incorporate self-care into your regular routine.
 - Create an action plan to incorporate at least one change toward better self-care.
 - Experience two ways to practice self-care.



Agenda

- Introduction (which we just did)
- What is Vicarious Trauma?
- Barriers to Self-Care
- Self-Care Stoplight
- Create Self-Care Plan
- Self-Care Techniques:
 - Guided visualization
 - Senobi breath
- Q&A / Resources



Silence Phones Please ! ! !



What is Vicarious Trauma?



- What brings you here today?
- What do you hope to get out of the workshop?

Show of Hands - In the last 6 weeks have you noticed:

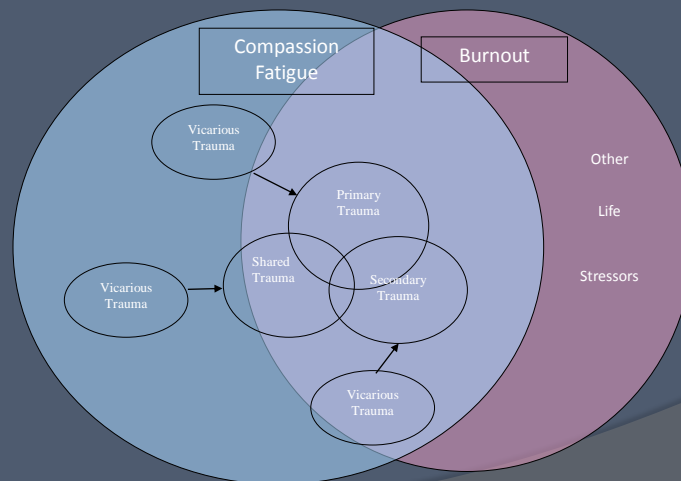
- Anxiety?
- Sleep problems?
- Too much stress?
- Feel helpless/hopeless?
- Increased anger/irritability?
- Use food or substances to cope?
- Increased social isolation?
- Loss of pleasure in normal activities?

Foster Children and Trauma

- Children in general – up to 2/3 have had a traumatic experience (Dorsey et al., 2012)
- Children in foster care – more than 90% (Dorsey et al., 2012)
- Children in foster care – 100% (Beverly's best guess)
- Having a traumatic experience does **not** always result in post-traumatic stress disorder (PTSD).
- Initially, children in foster care may have Acute Stress Disorder.

Dorsey, S., Burns, B. J., Southerland, D. G., Cox, J. R., Wagner, H. R., & Farmer, E. M. Z. (2012). Prior trauma exposure for youth in treatment foster care. *Journal of Child and Family Studies*, 21(5), 816–824. <http://doi.org/10.1007/s10826-011-9542-4>

Vicarious Trauma



Self-Care Stoplight

Red – acute, crisis,
overwhelmed

Yellow – starting to get bad,
proceed with caution

Green – everyday,
maintenance level



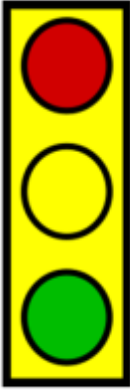
Barriers to Self-Care



- Too...
- Not enough...

Creating a Self-Care Plan

Self-Care Stoplight

Guided Visualization

- Available for download at:
<http://www.beverlyswann.com/client-resources/vicarious-trauma-resources/>



Senobi Breath

- Sit comfortably in a chair or sofa with a supported back and with feet on the ground.
- Stretch arms in front of you and lace fingers.
- Turn palms to outside.
- Reach arms overhead and lean back slightly.
- Take three full breaths.
- Return arms to sides.



Q&A / Resources

- **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)