





Mission Statement

SBCS strengthens communities by supporting the well-being and prosperity of San Diego children, youth and families.

Vicarious Trauma & Self Care

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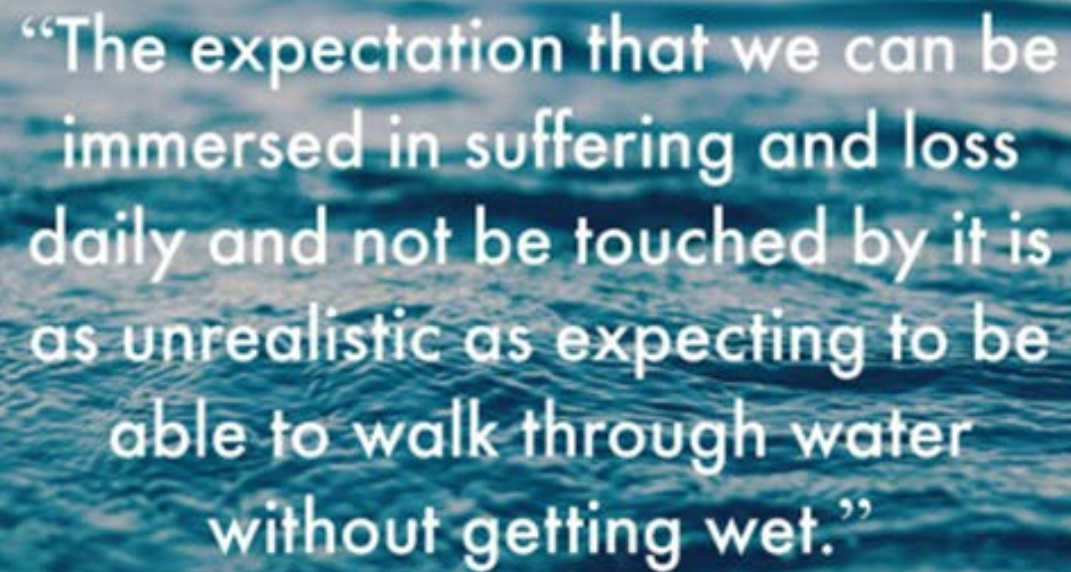


Agenda

- Vicarious Trauma
- Combating Vicarious Trauma-Self Care
- Trauma Informed Culture



Vicarious Trauma



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen

Vicarious Trauma and Related Conditions

Vicarious or Secondary Trauma –indirect trauma that can occur when exposed to difficult or disturbing images and stories second-hand. Similar to direct trauma, It carries many of the same symptoms.

Compassion Fatigue – emotional and physical exhaustion that can affect helping professionals and caregivers over time.

Burnout –High levels of compassion fatigue may lead to burnout. Feeling overwhelmed, powerless or low job satisfaction.



Vicarious Trauma Indicators

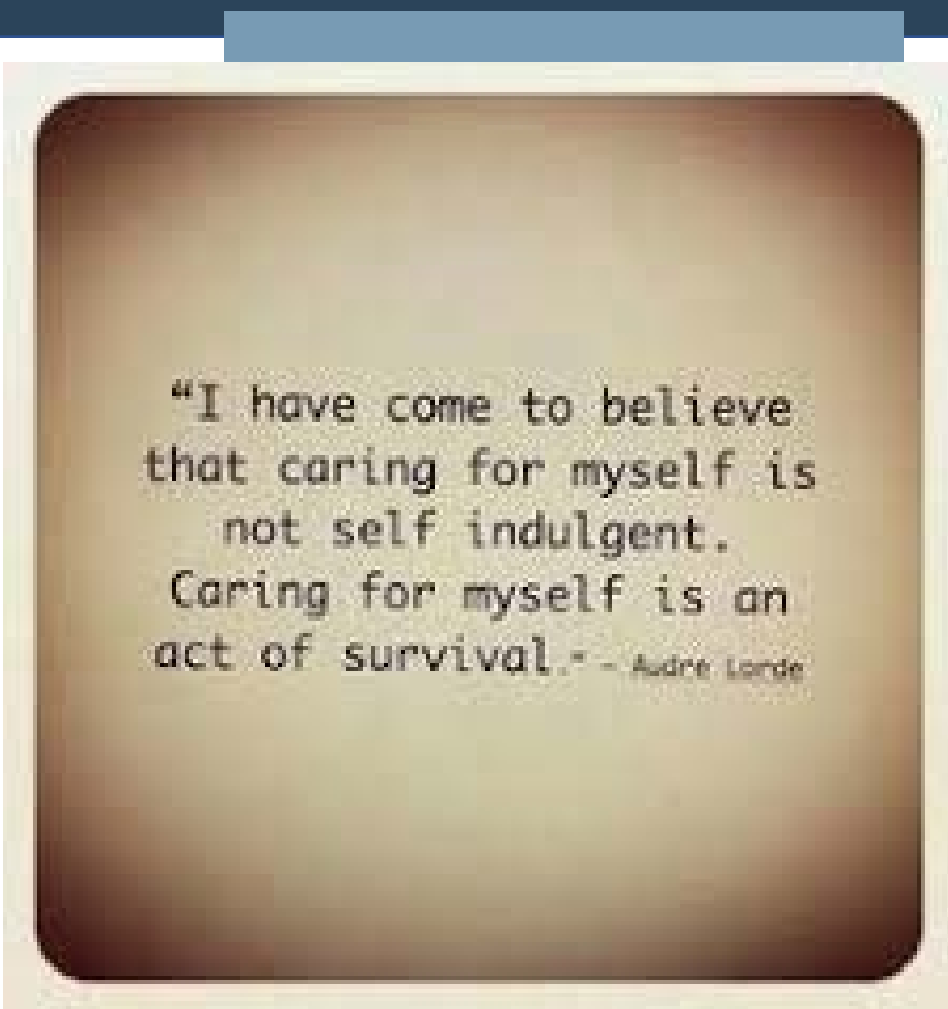
- Sleep issues
- Self Critical
- Depression,
- Difficulty separating work and personal life
- Feeling disconnected or Isolating
- Difficulty in relationships
- Reduction in compassion
- Irritability, anger
- Anxious or on edge
- Doubting your competence
- Jaded world view
- Not wanting to go to work, poor job satisfaction
- Feeling ineffective
- Health Problems
- Taking on too much responsibility

Vicarious Trauma Cause

- What increases our risk?
 - Empathy/ “feeling their pain”
 - Caring professions
 - Insufficient recovery time
 - Unresolved personal trauma
 - Working with children/hearing about childhood trauma
 - Children being the most vulnerable members of our society
 - Lack of systemic resources
 - Lack of work life balance



Combating Vicarious Trauma



"I have come to believe
that caring for myself is
not self indulgent.
Caring for myself is an
act of survival." - Audre Lorde

What You Can Do

- Expect it and do something about it
- Balance work, play and rest
- Ask for support-Talk about your experiences.
- Take time off
- Connect with others in a meaningful way-socialize
- Take Care of your Body-sleep, eat healthy
- Do things that make you feel good
- Consider Therapy
- Transition planning
- Self-care: Exercise, Humor, Music, meditation

Grounding Techniques

- Mindfulness Body Scan
- 54321
- Focused Breathing-4,7,8



Self Report Scales

- **Professional Quality of Life Scale (30 item)**

- *I find it difficult to separate my personal life from my life as a helper.*
- *I get satisfaction from being able to help people.*

- **Workplace Stress Scale (8 items)**

- *I feel that my job is negatively affecting my physical or emotional well being.*
- *I feel that job pressures interfere with my family or personal life.*

- **Mindfulness Attention Awareness Scale (15 item)**

- *I find myself listening to someone with one ear, doing something else at the same time.*
- *I find myself preoccupied with the future or the past.*

Trauma Informed Culture



Trauma Informed Culture

A Trauma-Informed Care Organization Includes:

- Promotes Staff wellness
- Safe, calm and secure environment with supportive care
- Open discussions or reflection without judgment
- Language: positive and engaging
- Understanding of Vicarious Trauma prevalence
- Collaboration at every level-managers to staff and Peer support
- Healing, hopeful, honest and trusting relationships



Thank you!

Questions?

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