

VICARIOUS TRAUMA

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Understanding the Work

Positive

- Commitment to social change
- Something new/different
- Change to make a difference
- Personal changes
(compassion/gratitude)
- Deeper understanding of values

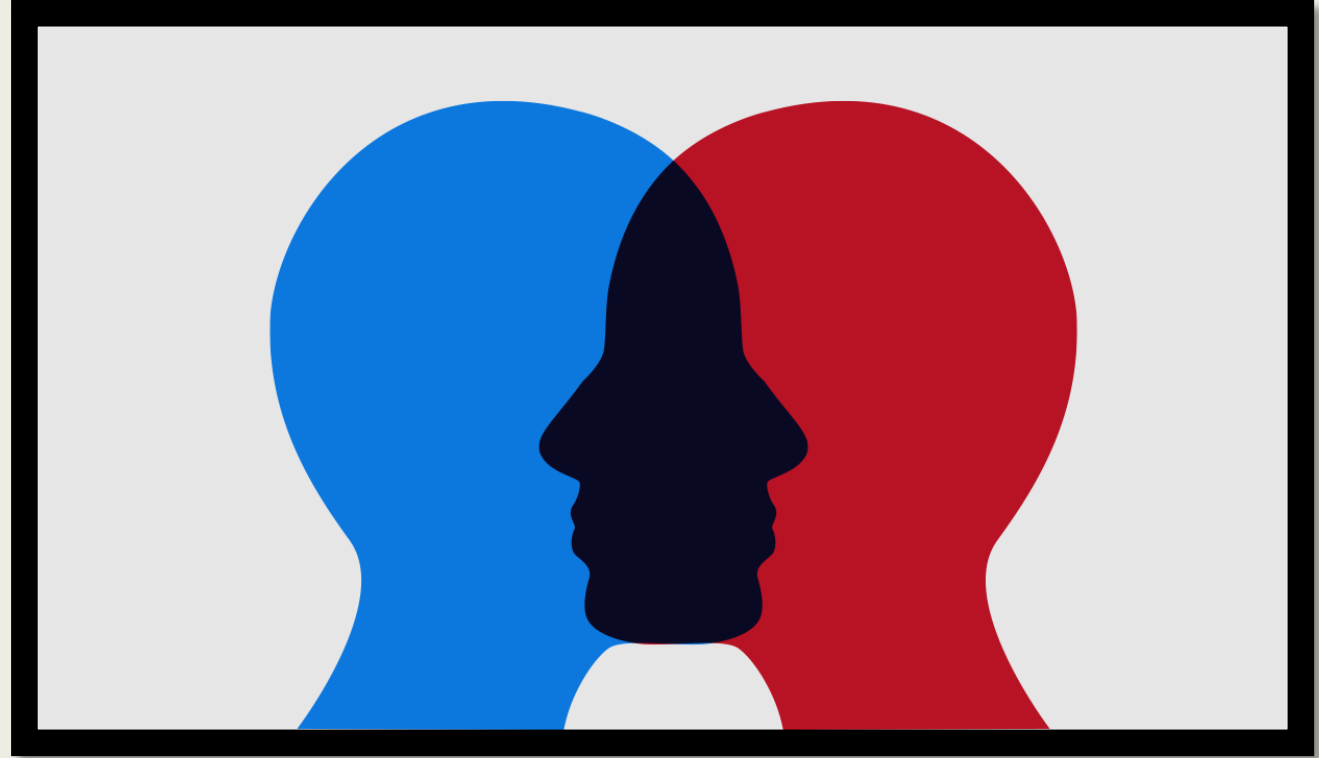
Negative

- Feeling numb
- Disconnected
- Overwhelmed
- Isolated
- Lose faith



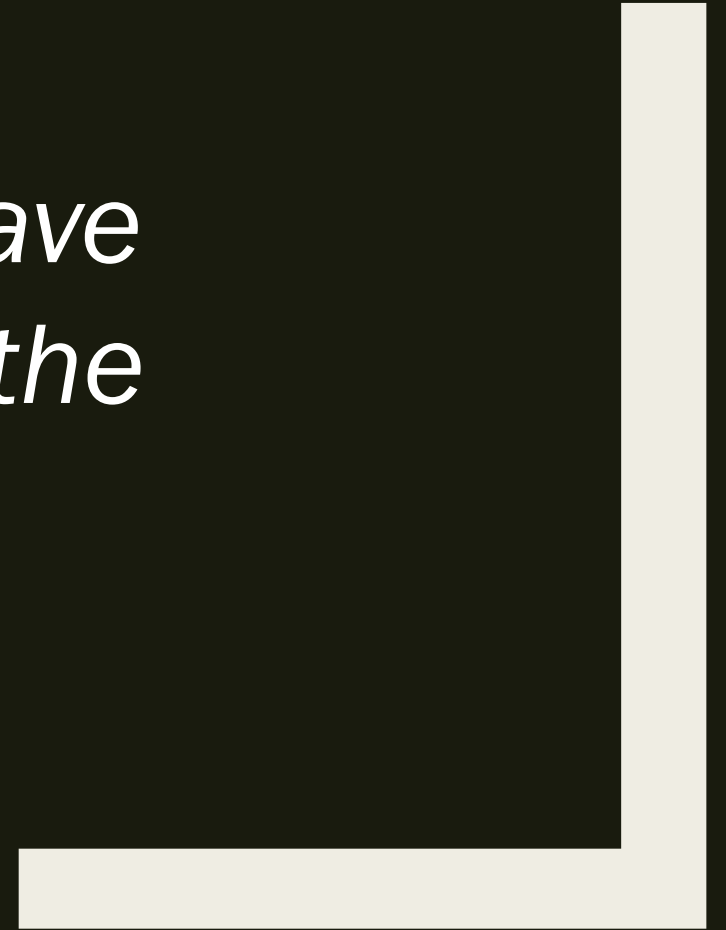
What is Vicarious Trauma?

- Process of change that happens over time as we witness and engage with other people's suffering and need
- Changes in our psychological, physical and spiritual wellbeing



Discussion:

*What are ways you have
changed because of the
work you do?*





Understanding Empathy and Commitment

Empathy

- *When we care, we begin to feel/experience it with others*



Commitment/Responsibility

- *High expectations lead to the feeling of burden, overwhelming and hopelessness*



Empathy:

What problems/people do you find it easy to empathize with?

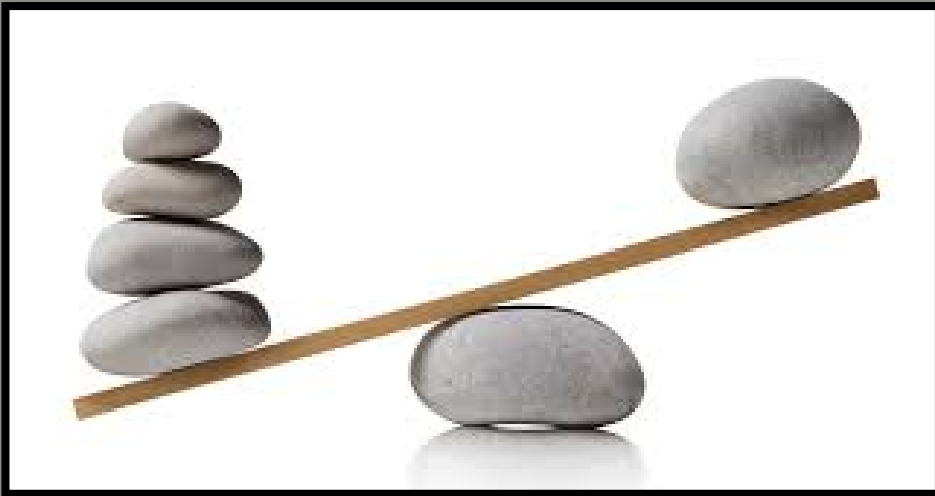
What are some ways that caring about people affects you?

Commitment:

How does your commitment/responsibility help you?

Are there ways in which your sense of commitment and responsibility to your work might hurt you?

Risk Factors and Protective Factors



- Personality and coping styles
- Personal history
- Current life circumstances
- Social support
- Spiritual resources
- Work style

Discussion:

What are 3 risk factors that may be placing you at risk of experiencing vicarious trauma?

What are 3 things in your life related to you as an individual that you feel help protect you from vicarious trauma?

Signs and Symptoms



- Difficulty managing your emotions
- Difficulty accepting or feeling ok about yourself
- Difficulty making good decisions
- Problems managing boundaries
- Problems in relationships
- Physical problems
- Difficulty feeling connected
- Loss of meaning and hope

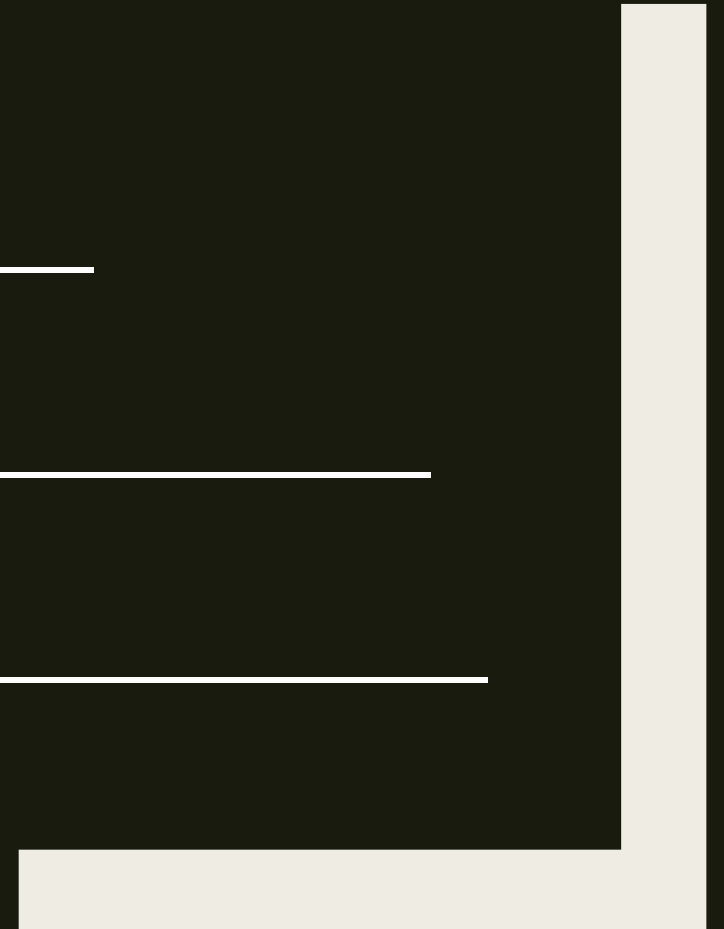
Have you experienced any of the signs?

Advocacy Activity:

I'm dealing with _____

How this is showing up in my life is _____

How you can support me is _____



Addressing Vicarious Trauma



- Coping
 - *Escape, Rest, Play*
- Transforming
 - *Sense of Meaning and Hope*
- Awareness
 - *Check in*
- Balance
 - *Self Care*
- Connection
 - *Social Support and Community*

Self Care Activity:

Assessment:

What areas are you doing the best and where could you improvement?

Worksheet:

What are you willing to commit to improve your self care?

QUESTIONS