


CARING FOR THE CAREGIVERS: SECONDARY TRAUMA, RESILIENCE AND WELLNESS



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 **LIVE WELL**
SAN DIEGO

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OBJECTIVES

 **LIVE WELL**
SAN DIEGO

- At the end of this Session the participant will be able to:
 - Differentiate Primary Trauma, Secondary Traumatic Stress (STS), Vicarious Trauma (VT), Compassion Fatigue and Burn-out
 - Identify the areas of the brain that are impacted by stress and trauma and how they vary in responsiveness.
 - Provide Conscious Oversight of the Meaning of the work you do.
 - Identify Risk Factors for Work-related STS
 - Identify Protective/Mitigating Factors related to STS
 - Develop Conscious Oversight of your current STS Symptoms, your own Risk Factors and your own Protective Factors
 - Develop a list of Coping Tools to Mediate the Effects of Secondary Trauma and Build Resiliency
 - Describe the Five Components for Enhancing Clinical Engagement and Reducing Trauma (CE-CERT)

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POLL





■ Signs of Stress

■ Choose all that apply for each of the 4 domains.

3

SIGNS OF STRESS



CURRENT EVENTS

■ COVID-19

■ & aftereffects


■ Social Trauma

■ Race Relations

■ Politics

■ Trauma Work

SIGNS OF STRESS



PHYSICAL

• Palpitations

• Lump in throat

• Low energy


• Insomnia

• Unexplained pains

• Dry mouth

• Difficulty in swallowing

• Nervousness & shivering



EMOTIONAL

• Agitation

• Irritability


• Depression

• Loneliness

• Low Self Esteem

• Mood Swings

• Difficulty to relax



BEHAVIOURAL

• Constant anxiety

• Racing thoughts


• Forgetfulness

• Dis-organization

• Inability to focus

• Poor judgement

• Increased pessimism



PSYCHOLOGICAL

• Fidgeting, pacing

• Procrastination

• Substance abuse

• Nail Biting

• Increased isolation

• Relationship issues

• Avoiding responsibilities

• Unbalanced appetite

https://www.google.com/search?q=signs+of+stress&rlz=1C1GCEA_enUS906US906&sxsr=ALekK0160dwydpdB_uh4Fj11Rg98LA:1599608263313&source=inms&itbm=isch&sa=X&ved=2ahUKEw-0MGS3drrAHUO7mwKHQNIC68Q_AUoAXoECARQAw&biw=1920&bih=937&safe=active&ssui=on#imgc=OFD4-toT3vg1QM

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WHO IS AT RISK FOR SECONDARY OR VICARIOUS TRAUMATIC STRESS?



- The development of secondary traumatic stress is recognized as a common occupational hazard for **professionals working with traumatized children**.
- Studies show that from 6% to 26% of therapists working with traumatized populations, and
- Up to 50% of child welfare workers, are at high risk of secondary traumatic stress or the related conditions of PTSD and vicarious trauma.
- Any professional who works directly with traumatized children, and is in a position to hear the recounting of traumatic experiences, is at risk of traumatic stress.
- Risk appears to be greater among individuals who are highly empathetic by nature or have their own unresolved personal trauma.
- Risk is also higher for professionals who carry a heavy caseload of traumatized children; are socially or organizationally isolated; or feel professionally compromised due to inadequate training.
- Secondary trauma is often seen in First Responders: Police Officers, Emergency Medical Technicians and Emergency Room Personnel, Doctors, and Nurses, and Fire Fighters

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Symptoms

1.

2.

3.

4.

Joy/Happiness/Contentment:

1.

2.

3.

4.

Risk Factors:

1.

2.

3.

4.

Meaning (What is your why?):

1.

2.

3.

4.

5.

6.

Coping Tools

1.

2.

3.

4.

5.

6.

Protective Factors:

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Symptoms

1. Anxiety

2. Sleeplessness

3. Fatigue

4. Withdrawal

Risk Factors:

1. ACES


2. Moral Distress

3. Heavy critical incident load

4. Social cultural context

Secondary Trauma

Joys – Kids, dogs, friends, music,
travel, gardening, crafting



Protective Factors: - Siblings, Friends, BFF at
work, supportive supervisor, agency focus on STS

**Meaning: What is your
Why?** To make the world a
better place.

Coping Tools

1. Wellness Inventory (Mental-
Cognitive/Physical/ Socio-
Emotional/Spiritual)

2. CE-CERT Skills

1. Experiential Engagement

2. Decreasing Rumination



3. Conscious Narrative

4. Reducing Emotional Labor

5. Parasympathetic Recovery

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What Happens in the
PTSD Brain?



• Fight or Flight Response stays
activated

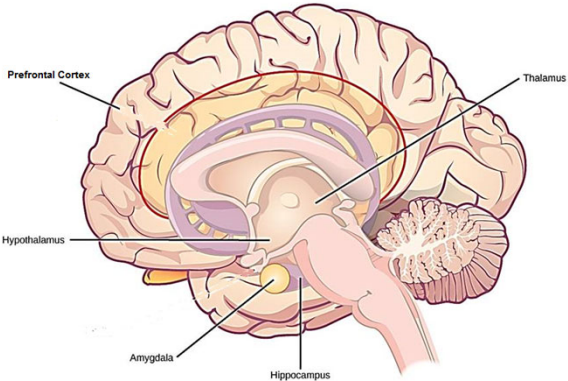
• Amygdala is overstimulated

• Hippocampus/memories
functioning lessened

• Frontal lobe/executive Functioning
lessened

• These functions are said to have
become dysregulated

PTSD and the Brain





http://vaveteran.org/33-5/33-5_reidlyon.html

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Post-traumatic Stress Disorder (PTSD)



People who have experienced secondary trauma will have at least one or more of the symptoms commonly associated with PTSD.

Types of Trauma



- Natural Disasters
- Human-caused disasters
- Community violence
- School violence
- Family trauma
- Refugee and immigrant trauma
- Medical trauma
- Poverty
- Complex Trauma
- Historical Trauma
- Racial Trauma
- Secondary Trauma

PTSD


- Re-experiencing: Intrusive Memories
- Avoidance of thoughts or situations associated with the event
- Negative changes in thinking and mood
- Arousal: Changes in physical and emotional reactions.

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Secondary Trauma Symptoms





<div>Physical Reactions</div> <div><ul style="list-style-type: none">FatigueSleep disturbancesChanges in appetiteHeadachesUpset stomachChronic muscle tensionSexual dysfunction</div>	<div>Behavioral Reactions</div> <div><ul style="list-style-type: none">Isolation, withdrawalRestlessnessChanges in alcohol or drug consumptionChanges in relationships with others, personally & professionally</div>
<div>Emotional Reactions</div> <div><ul style="list-style-type: none">Feeling overwhelmed/ emotionally spentFeeling helplessFeeling inadequateSense of vulnerabilityIncreased mood swingsIrritabilityCrying more easily or frequentlySuicidal or violent thoughts or urges</div>	<div>Cognitive Reactions</div> <div><ul style="list-style-type: none">Disbelief, sense of numbingReplaying events in one’s mind over & overDecreased concentrationConfusion or Impaired memoryDifficulty making decisions or problem-solvingDistressing dreams or fantasies</div>



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DIFFERENTIATING TERMS



- **Secondary Trauma:** Exposure to the details of someone else's trauma
- **Vicarious Trauma:** Refers to permanent changes in the way you view and make sense of the world as a result of the cumulative effects of working with trauma survivors over time.
 - Sense of safety
 - Ability to trust others
 - Self-esteem
 - Intimacy
 - Sense of control
- **Compassion Fatigue:** Characterized by physical and emotional exhaustion. Seen too much. Given too much.
- **Burnout:** Prolonged interpersonal work-related distress (i.e., not specifically exposure to secondary trauma)
 - Exhaustion
 - Cynicism
 - Inefficiency
- **Compassion Satisfaction**
 - Competence
 - Value
 - Meaning

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OFFICIAL FILM TRAILER – PORTRAITS OF
PROFESSIONAL CAREGIVERS: THEIR PASSION. THEIR PAIN.







<https://thumbs.dreamstime.com/z/helping-hands-abstract-design-isolated-white-background-53157679.jpg>

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THE VENN DIAGRAM TOOL: IDENTIFYING YOUR RISK FACTORS FOR WORK-RELATED STRESS							
<div><div></div><div>LIVE WELL SAN DIEGO</div></div>							
Personal Circumstances	Work-related Traumatic Grief and Loss	Direct Exposure	Indirect Trauma	Empathic Strain	Systems Failure	Working Conditions	Socio-Cultural Context
<ul style="list-style-type: none">Childhood adversityCOVID impact on work and childcareFamily Crisis: Divorce, Loss, FinancesCaring for someone with significant needsSignificant mental health or physical problems	<ul style="list-style-type: none">Unfinished business: Client passes away, patient discharged from treatmentColleague or leader being fired, retiring, or unexpectedly leavingDeath of a colleagueColleague with life-threatening illnessImportant mentor retiring	<p>Happening to you or in front of you</p> <ul style="list-style-type: none"><u>Personal</u>Victim of crimeSeeking asylum in a new countrySerious medical crisis<u>Professional</u>Being involved in a lock downBeing threatened or assaultedExperiencing a hate crime	<p>Secondary Traumatic Stress</p> <ul style="list-style-type: none">Hearing abuse detailsReading case filesWitnessing graphic testimony during court casesColleagues debriefingsDaily: Graphic news stories and T.V. shows	<ul style="list-style-type: none">Emotional & physical exhaustionDisconnection from othersFeeling dispiritedContributing to a toxic work environmentFrequently breaking confidentialityShort-tempered with loved ones when they come to your for help	<ul style="list-style-type: none">Red Tape or Roadblocks to giving the best possible careExtraneous/tedious paperworkLong waiting lists or convoluted systems of care for your clientsEligibility disagreementsFailure to protect employees from physical/psychological harmResult: Moral Distress	<ul style="list-style-type: none">Relationships with supervisor and colleaguesPerception of fairness and appreciation (salary, rewards, benefits, vacation) and workloadPrimary cause of burnout: Quality of working conditionsSense of trust in leadershipQuality and timeliness of communicationDegree you feel compensated for the work you do	<ul style="list-style-type: none">Intersection of race, culture, gender, sexual orientation, religious beliefs, historical trauma – and other elements of identityMay come into daily collisionCurrent crisis or cultural shift that impacts you/your way of life personallyBeing asked to do tasks outside of your scope because of those identity elements.Lack of representation – not seeing “you” represented in your workplace



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PROTECTIVE/MITIGATING FACTORS	
<div><div></div><div>LIVE WELL SAN DIEGO</div></div>	
<ul style="list-style-type: none">Childhood:<ul style="list-style-type: none">Strong relationships in childhood [parent(s), relatives, teachers, friends]Adulthood:<ul style="list-style-type: none">Social support, both personal and professional<ul style="list-style-type: none">Seeking out support from friends, family, or support groupsTherapist/Clergy – therapeutic supportManagers and supervisors are key in mitigating STSSupportive Organizational Culture that builds resilience<ul style="list-style-type: none">Organizational values aligned with individual goals and valuesStrong organizational communication, ethical management practices, visible leadership support.Professional well-being as mission and vision of organization.Toolbox of Coping Skills	
https://www.psychiatrictimes.com/view/vicarious-trauma-clinicians-fostering-resilience-and-preventing-burnout	

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WHAT BRINGS YOU JOY? WHAT MAKES YOU HAPPY?
WHERE DO YOU FIND CONTENTMENT?





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WELLNESS INVENTORY



Mental/Cognitive	Physical	Social	Emotional	Spiritual

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WELLNESS INVENTORY

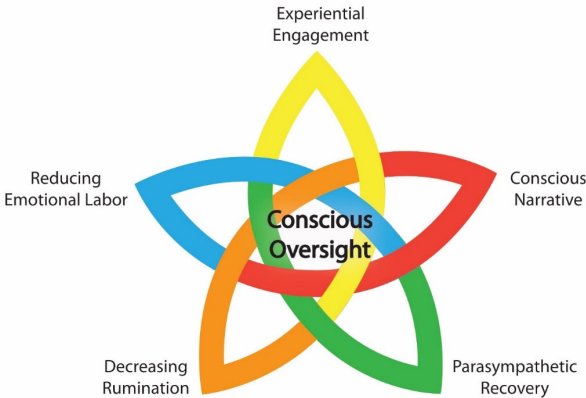


Mental/Cognitive	Physical	Social	Emotional	Spiritual
<ul style="list-style-type: none">• I can do this.• This too shall pass.• You got this.• - to +• Be mindful of your thoughts	<ul style="list-style-type: none">• Exercise• Hiking• Walking• Eating• Sleeping• Dr. Appts.• Stand/Walk	<ul style="list-style-type: none">• Family• Friends• Crafting• Hobbies• Community Events	<ul style="list-style-type: none">• Cry/Feel Emotions• Therapist/healer• Pets• Friends• Family• Songs/Music• Take vacation days• Take breaks	<ul style="list-style-type: none">• Meditation• Mindfulness• Breathing• Faith/Prayer/Gatherings• Nature• Alternative medicine

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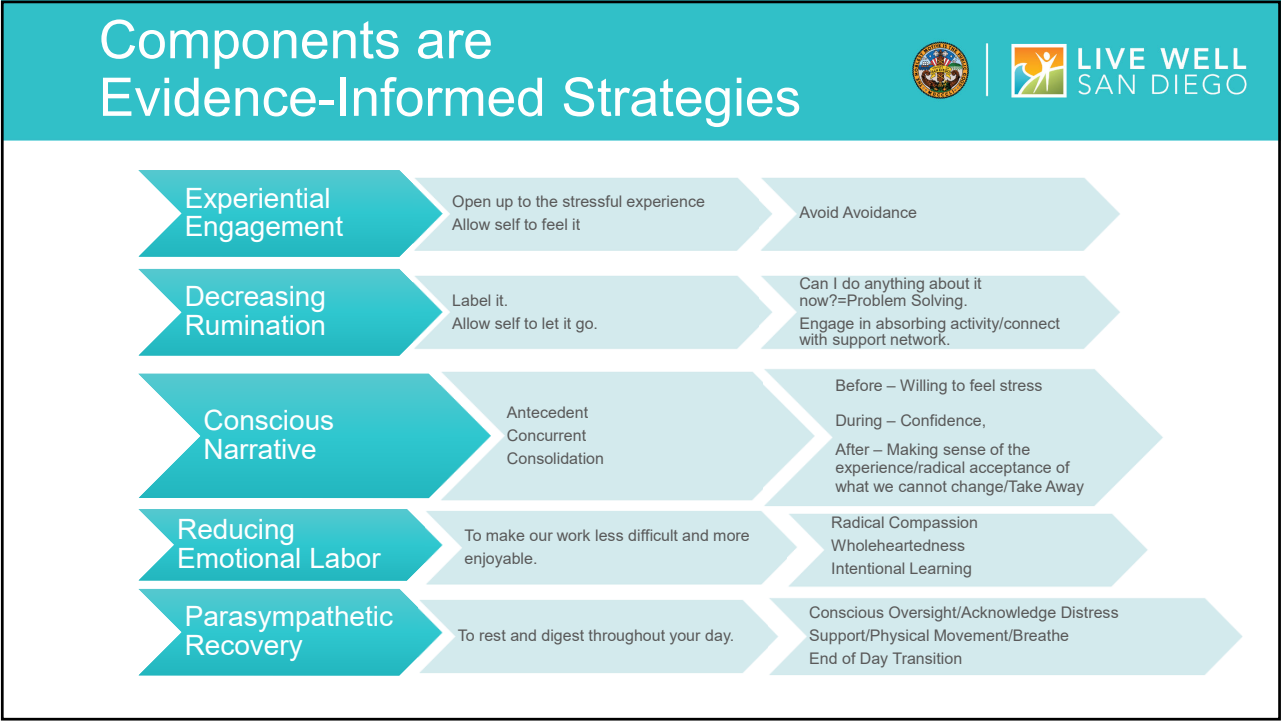
CE-CERT: COMPONENTS FOR ENHANCING
CAREER ENGAGEMENT AND REDUCING TRAUMA



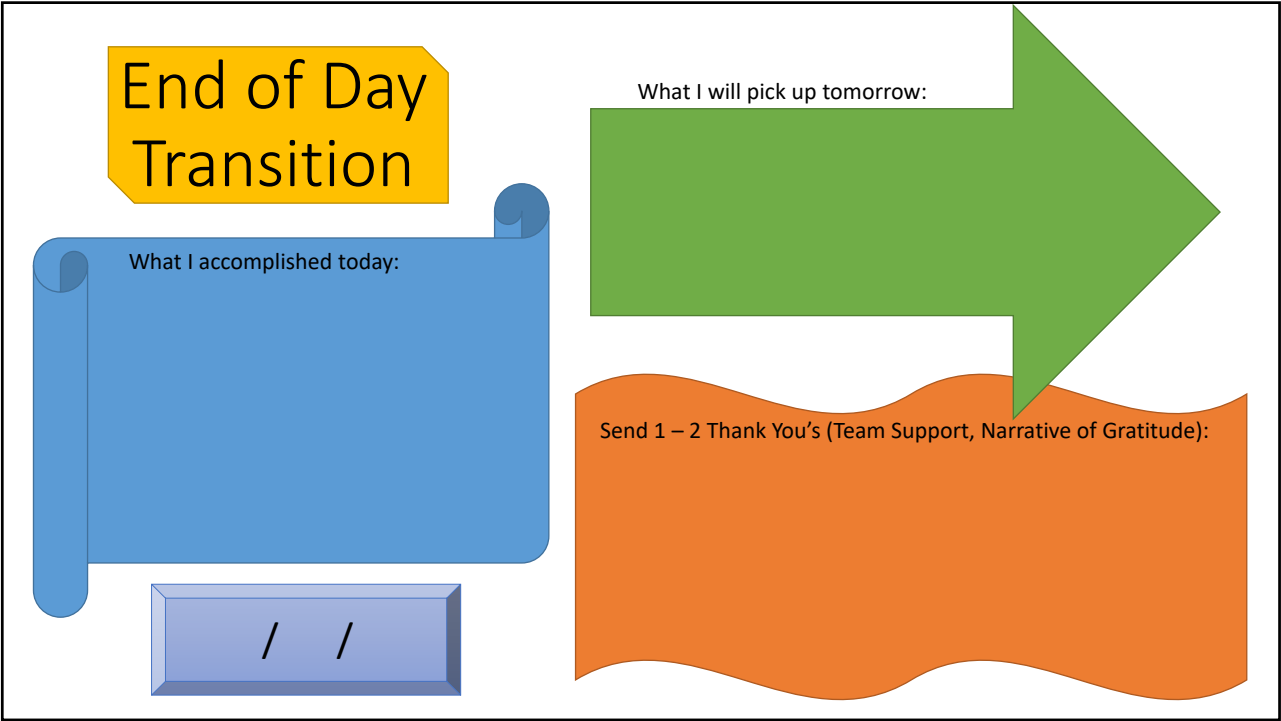


Miller, Brian C. (2022). *Reducing Secondary Traumatic Stress* 1st Edition. Routledge. NY.

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RESILIENCE CAN BE LEARNED

LIVE WELL
SAN DIEGO

- Pump up your positivity – Find redeeming potential or value in change
- Live to learn – Use challenges to learn and grow
- Open your heart – Being of service to others/Acts of kindness/Radical Compassion
- Hang onto humor and joy – Laughing reduces tension
- Take care of yourself – Daily habits do count
- Learn skills specific for addressing secondary trauma

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Symptoms


- 1. Anxiety
- 2. Sleeplessness
- 3. Fatigue
- 4. Withdrawal

Risk Factors:

- 1. ACES
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RESOURCES FOR TAKING CARE OF YOU



- <https://211sandiego.org/>
- Self help and support groups
- Books and other publications
- Online resources
- Licensed mental health professional
- Spiritual Counselor
- Social Support
- <https://suicidepreventionlifeline.org/>





Thank you for all that you do!

Remember to take care of you too 😊

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- The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series)
 - https://www.amazon.com/Compassion-Fatigue-Workbook-Transforming-Traumatization/dp/0415897904/ref=sr_1_1?ie=UTF8&qid=1536083933&sr=8-1&keywords=compassion+fatigue
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
 - https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_2?ie=UTF8&qid=1536084059&sr=8-2&keywords=vicarious+trauma
- The Complex PTSD Workbook
 - https://www.amazon.com/Complex-PTSD-Workbook-Mind-Body-Regaining/dp/1623158249/ref=sr_1_9_sspa?ie=UTF8&qid=1536084146&sr=8-9-spons&keywords=vicarious+trauma&psc=1
- The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions
 - https://www.amazon.com/Resilient-Practitioner-Compassion-Prevention-Professions/dp/1138830070/ref=sr_1_8?ie=UTF8&qid=1536084431&sr=8-8&keywords=secondary+trauma
- The Kindness Cure: How the Science of Compassion Can Heal Your Heart and Your World
 - https://www.amazon.com/Kindness-Cure-Science-Compassion-Heart/dp/1626259690/ref=sr_1_19?ie=UTF8&qid=1536084549&sr=8-19&keywords=secondary+trauma

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- Secondary Traumatic Stress-Informed Organizational Assessment (STSI-OA)
 - <http://www.uky.edu/CTAC/STSI-OA>
- Professional Quality of Life Scale (ProQOL)
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- Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma, Special Issue of Traumatology
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