

# IDENTIFYING AND REDUCING THE IMPACT OF VICARIOUS TRAUMA

PRESENTER – SHIRLEY GREEN BSC, MSC, GMBPS

## Welcome!



Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

Please do take the time to provide us with some feedback towards the end of the session.

## Thank you!





# OUTCOMES

- TO UNDERSTAND HOW WORKING WITH PEOPLE WHO HAVE EXPERIENCED TRAUMA CAN IMPACT ON OUR OWN WELLBEING AND IMPACT OUR SATISFACTION, ENGAGEMENT AND MOTIVATION.
- HAVE SOME USEFUL TIPS WE CAN USE TO REDUCE THE CONSEQUENCES OF DOING THE WORK WE LOVE.
- SUPPORTING MANAGERS AND SUPERVISORS TO SPOT THE SIGNS AND KNOW HOW TO RESPOND

# IDENTIFYING THE PROBLEM

Burn out

Compassion fatigue

Secondary trauma

**Vicarious trauma**

# DEFINING VICARIOUS TRAUMA

- VICARIOUS TRAUMA IS A PROCESS OF CHANGE RESULTING FROM EMPATHETIC ENGAGEMENT WITH TRAUMA SURVIVORS.
- ANYONE WHO ENGAGES EMPATHETICALLY WITH SURVIVORS OF TRAUMATIC INCIDENTS, TORTURE, AND MATERIAL RELATING TO THEIR TRAUMA, IS POTENTIALLY AFFECTED...

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# THE IMPACT OF VICARIOUS TRAUMA

- FEELING LESS SAFE
- FEELING LESS TRUSTING
- REDUCTION IN SELF ESTEEM
- AVOIDING INTIMATE RELATIONSHIPS
- WITHDRAWING AND BECOMING LESS ENGAGED
- HAVING A SENSE OF LOSS OF PERSONAL CONTROL

# SIGNS AND SYMPTOMS

- LINGERING FEELINGS OF ANGER, RAGE AND SADNESS
- BECOMING OVERLY EMOTIONALLY INVOLVED
- EXPERIENCING BYSTANDER FEELINGS OF GUILT, SHAME, FEAR AND HELPLESSNESS
- BEING PREOCCUPIED WITH WORRY ABOUT THE PERSON
- OVER IDENTIFICATION WITH THE PATIENT (HAVING HORROR AND RESCUE FANTASIES)
- LOSS OF HOPE, PESSIMISM, CYNICISM
- DISTANCING, NUMBING, DETACHMENT
- DIFFICULTY IN MAINTAINING PROFESSIONAL BOUNDARIES

# CONTRIBUTING FACTORS

- **COPING STRATEGIES**
- **PERSONAL STRESS**
- **GENDER**
- **PROPORTION OF TRAUMA WORK**
- **PERSONAL TRAUMA HISTORY**
- **EXPOSURE**



# SUPPORT AND SELFCARE

- INCREASE YOUR SELF-OBSERVATION - RECOGNISE AND CHART YOUR SIGNS OF STRESS, VICARIOUS TRAUMA AND BURNOUT.
- TAKE CARE OF YOURSELF EMOTIONALLY - ENGAGE IN RELAXING AND SELF-SOOTHING ACTIVITIES, NURTURE SELF-CARE.
- LOOK AFTER YOUR PHYSICAL AND MENTAL WELLBEING.
- MAINTAIN A HEALTHY WORK/LIFE BALANCE - HAVE OUTSIDE INTERESTS.
- BE REALISTIC ABOUT WHAT YOU CAN ACCOMPLISH - AVOID WISHFUL THINKING.
- DON'T TAKE ON RESPONSIBILITY FOR YOUR SERVICE USERS WELLBEING BUT SUPPLY THEM WITH TOOLS TO LOOK AFTER THEMSELVES.
- BALANCE YOUR CASELOAD - MIX OF MORE AND LESS TRAUMATISED CLIENTS, VICTIMS AND NON-VICTIMS.

# SUPPORT AND SELFCARE

- TAKE REGULAR BREAKS, TAKE TIME OFF WHEN YOU NEED TO.
- SEEK SOCIAL SUPPORT FROM COLLEAGUES, FAMILY MEMBERS.
- USE A BUDDY SYSTEM - PARTICULARLY IMPORTANT FOR LESS EXPERIENCED STAFF.
- USE PEER SUPPORT AND OPPORTUNITIES TO DEBRIEF.
- TAKE UP TRAINING OPPORTUNITIES.
- IF YOU NEED IT, TAKE UP TIME-LIMITED GROUP OR INDIVIDUAL THERAPY.
- THERE ARE ALSO SIGNIFICANT ORGANISATIONAL FACTORS THAT CAN INCREASE THE RISK OF A PERSON BEING VICARIOUSLY TRAUMATISED, WHICH SHOULD BE ASSESSED AND RECTIFIED.

# TIPS, TOOLS AND MORE INFORMATION

- [VICARIOUS TRAUMA: SIGNS AND STRATEGIES FOR COPING \(BMA.ORG.UK\)](https://www.bma.org.uk/vicarious-trauma-signs-and-strategies-for-coping)
- [BURNOUT SELF-TEST - CHECKING YOURSELF FOR BURNOUT \(MINDTOOLS.COM\)](https://www.mindtools.com/pages/newbystr/burnout-self-test.shtml)
- [HTTPS://MEDIA.LICDN.COM/DMS/IMAGE/D4E22AQHVMVNT4SSNXZA/FEEDSHARE-SHRINK\\_800/0/1684378811019?E=1687392000&V=BETA&T=O3M4WNLOEJQVT1393S1BAVD\\_NQWOISZAS\\_ZNLJIXUHUS](https://media.licdn.com/dms/image/D4E22AQHVMVNT4SSNXZA/feedshare-shrink_800/0/1684378811019?e=1687392000&v=beta&t=O3M4WNLOEJQVT1393S1BAVD_NQWOISZAS_ZNLJIXUHUS)
- BREATHING AND MINDFULNESS EXERCISES
- KEEP ACTIVE – RELEASE THE ADRENALINE AND CORTISOL
- ORGANISE SUPPORT PERSON OR GROUP
- WIDEN YOUR EXPERIENCES

# Norfolk Multi-agency Practice Week



Feedback can be provided through the QR code on the left or through this link which will be shared in the chat:

<https://forms.office.com/e/EM5kEwrFLJ>

