

Vicarious Traumatization and Self-Care

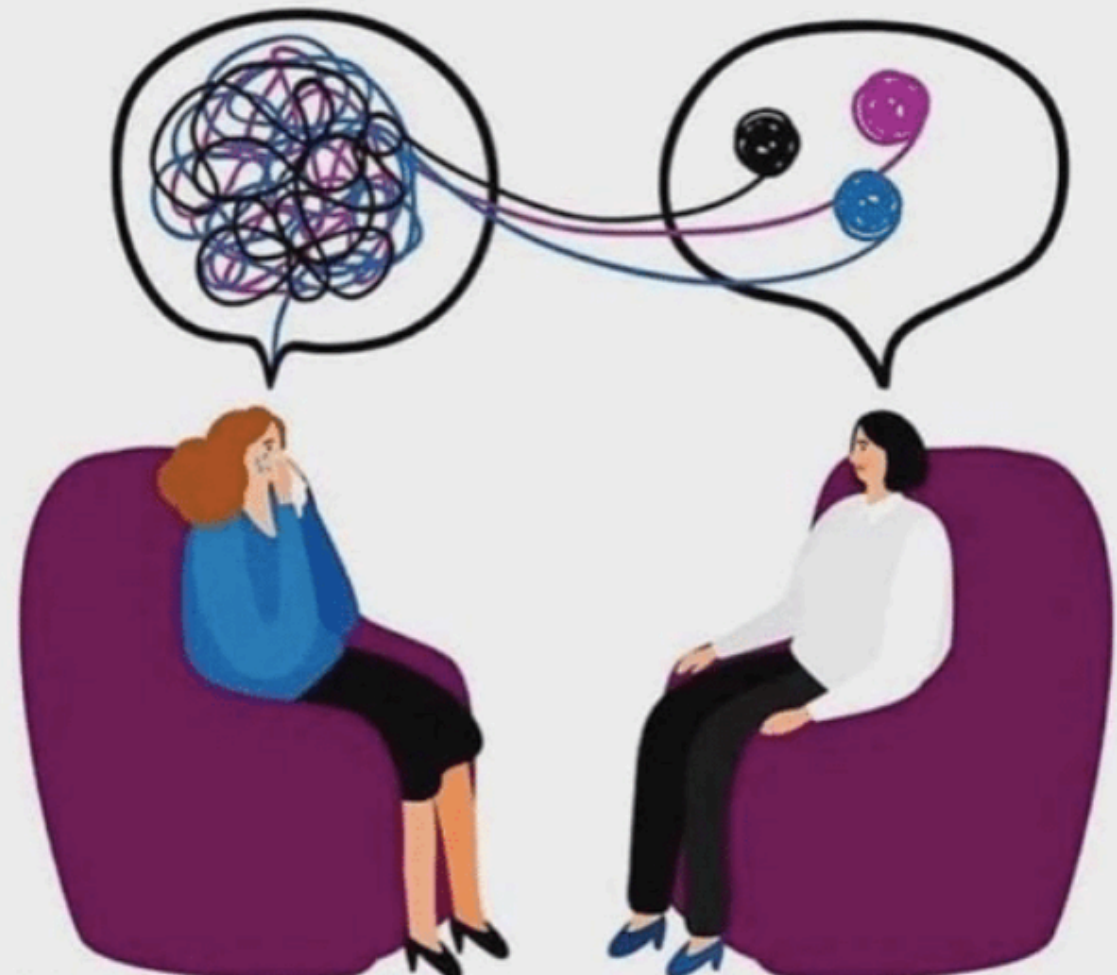
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Quote of the Day:

“Every Therapist Needs A Therapist!”

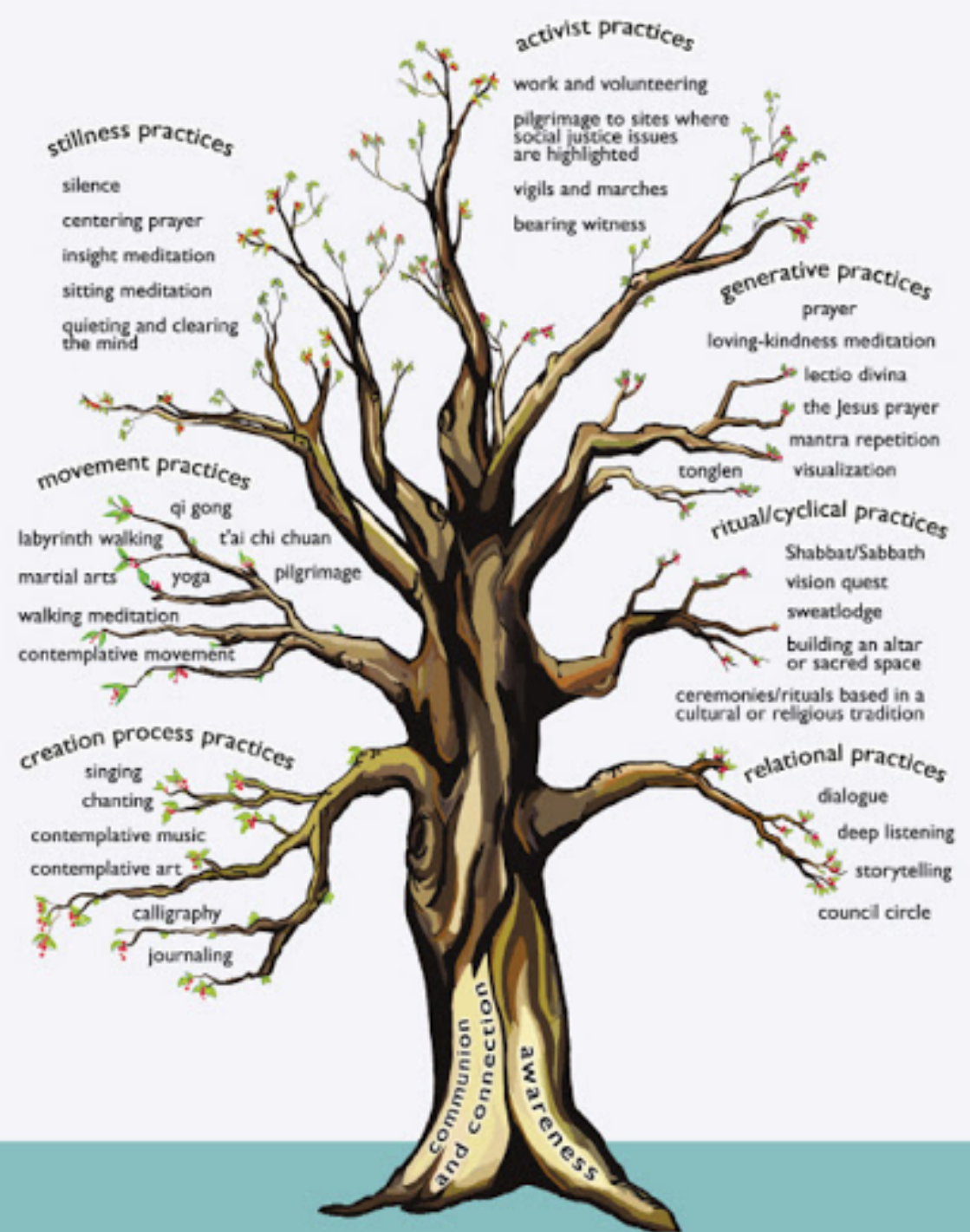
What is Vicarious Traumatization? (VT)

“Vicarious trauma is the emotional residue of exposure that counselors have from working with people as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured.”
- American Counseling Association



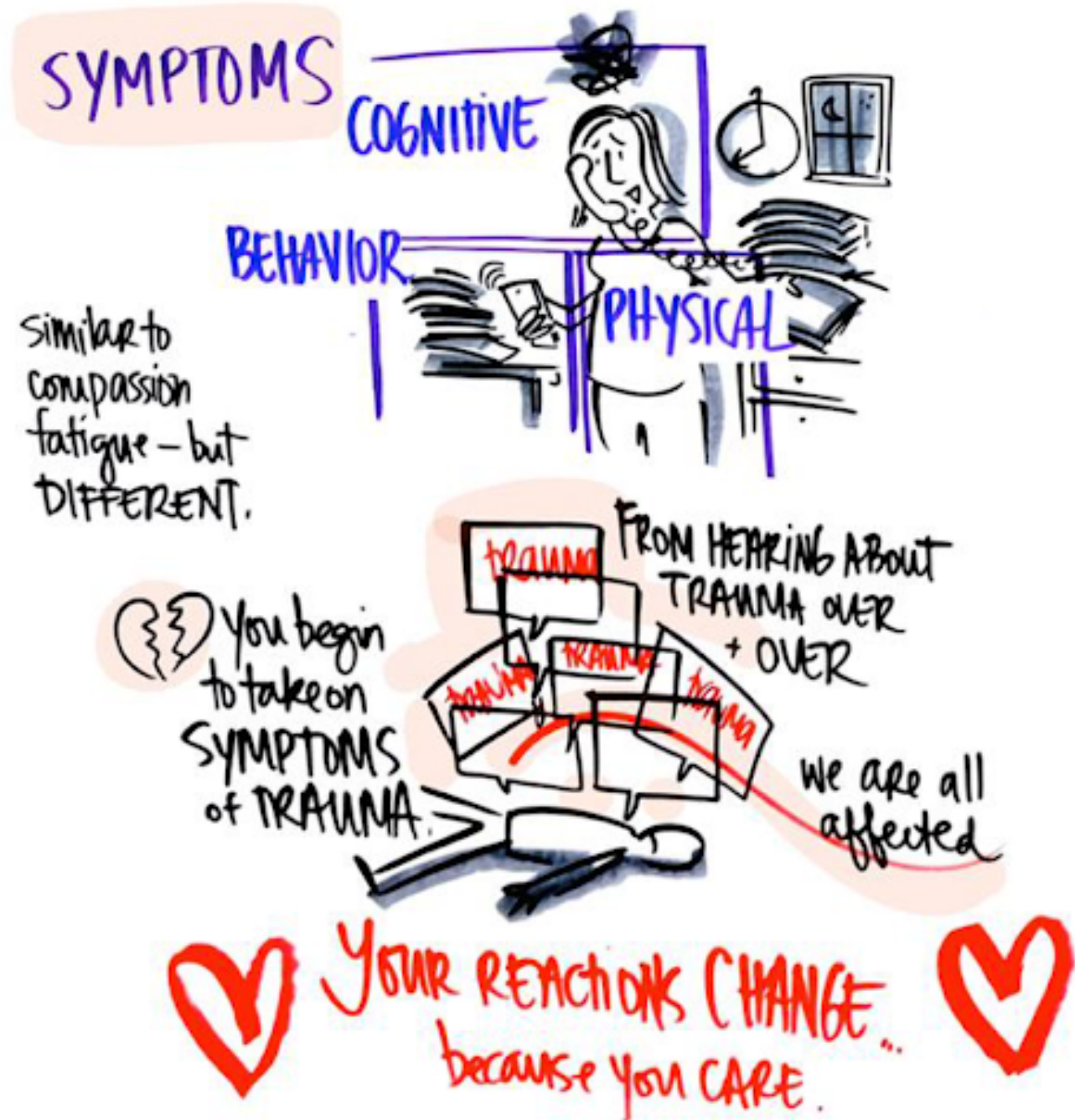
Signs & Symptoms for Therapists

- Losing sleep over patients
- Over-eating or Under-eating
- Difficulty falling asleep and/or staying asleep
- Being jumpy
- Difficulty talking about or expressing feelings
- Blaming others
- Feeling trapped by their work
- Worried that they aren't doing enough for their clients



Who Suffers?

1. Hospice Nurses = 79%
2. Social Workers, MSW = 70%
3. Child Welfare Workers = 50%
4. Child Protection Workers = 50%
5. Law Enforcement = 33%



Ways to Prevent

- Time Off
- Counseling
- Journaling
- Socializing with Family & Friends
- “Me Time”
- Enjoyed Hobbies



Personal Self-Care

- Exercise, maintain good nutrition
- Sleep, rest
- Take time off
- Use humor, laugh
- Spend time alone (have Me Time)
- Maintain spiritual life, meditative practices, creative expressions
- Access counselling if needed
- Get involved with activities outside of work



Put on your own oxygen mask before helping others around you.

Self-Care is very IMPORTANT!

People tend to lose themselves in their work and not only will that affect themselves but their family and friends as well.

It is important to put yourself FIRST!

Self-Care in the Work Place

- Set Limits (Say no when necessary)
- Prioritize Goals
- Ask for Assistance
- Take a Break
- Engage in Trainings

HEALTHY BOUNDARIES, HAPPY WORKERS

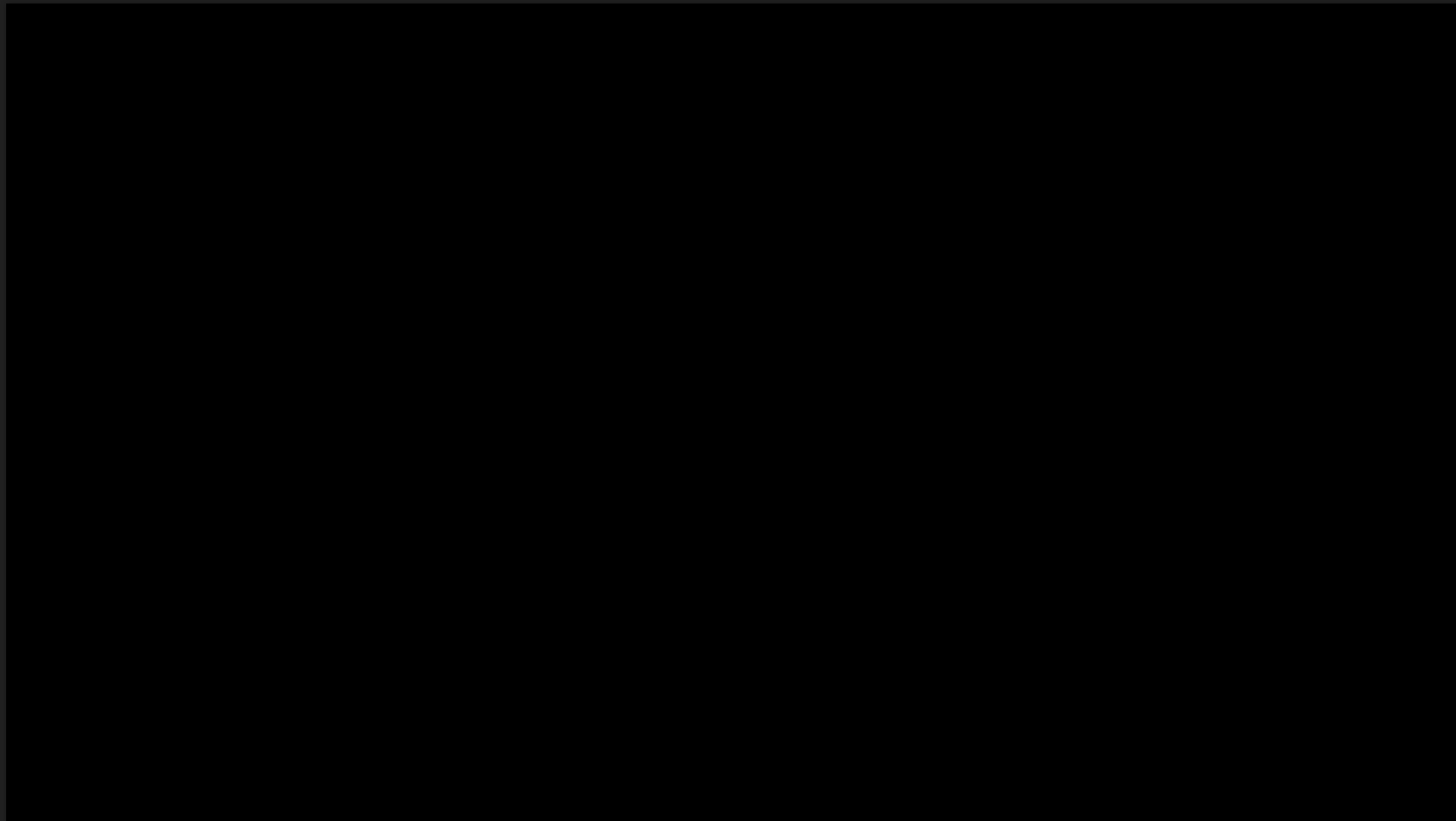


a guided workbook

Setting work related boundaries is
IMPORTANT!

In order to help others you have to help yourself first. Setting boundaries allow the individual to understand what they are capable of handling. It's also important to have a planner, so that the individual want accept too many task at once.

Video Clip of what Vicarious Traumatization can look like...



Personal Self-Care Plan

Personal Self-Care

- Turn my phone at a certain time at night
 - Meet with my friends twice a week
- Call mom twice or three times a day
- Get a minimum of 7 hours of sleep
 - Meditation once every week
 - Exercise everyday

Work Related Self-Care

- Weekly Supervision
 - Get a planner
- Set boundaries (It's okay to say no)
- Turn off work phone on Fridays after 5pm

Resources

Painful Truths About Vicarious Trauma: Statistics From the Field. (2015). Retrieved May 1, 2020, from <https://www.olgaphoenix.com/blog/painful-truths-about-vicarious-trauma-statistics-from-the-field/>

Lumor, Mbalu, and Edmonton. "Vicarious Trauma & Self-Care." Canadian Centre for Victims of Torture., 2 June 2017.

Salazar, W. (2016, June 23). Vicarious Trauma and the Value of Self-Care for Therapists. Retrieved April 28, 2020, from <https://www.goodtherapy.org/blog/vicarious-trauma-value-of-self-care-for-therapists-0627164>

Vicarious Traumatization. (n.d.). *American Counseling Association*, 9–10. Retrieved from <https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf>