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Self-Care & Vicarious Trauma



Agenda

Introduction

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Introduction

“It is one of the most beautiful compensations of this life that you cannot sincerely try to help another without helping yourself.”

— Ralph Waldo Emerson



Definitions



Self-Care

Anything you do to keep yourself healthy physically, emotionally, and spiritually

(Glowiak, 2024)

Vicarious Trauma

The cumulative effect on helping professionals after an extended period of time taking in the experiences of trauma survivors and helping them through the healing process

(Dombo & Gray, 2013)

Burnout

Emotional exhaustion, increasing depersonalization of clients, and a decreased feeling of personal accomplishment related to work

(Dombo & Gray, 2013)

Current Research



(“Burnout in social work,” 2023)

- 64% of mental disorder claims in work are from human social work or healthcare fields
- 50% of front-line workers and 68% of leaders feel stressed and emotionally drained
- Demand is increasing for social workers but workers are few

(Tran, 2021)

- Workload is the main contributor to burnout
- Satisfied social workers are absent less often and have higher rates of retention

Are you experiencing any of the following?



- Loss of motivation
- Anxiety
- Feelings of emptiness and hopelessness
- Trouble sleeping
- Feeling drained
- Overeating
- Lingering feelings of anger or sadness



Applications

- Organizational culture
- Caseloads
- Support networks
- Supervision
- Work-life balance
- Take your leave

(Sutton et. al., 2022)

Further Resources

The American Psychiatric Association has lots of resources to learn more including:

- Tool kits
- TED Talks
- Interventions



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Self-Care Plan

Walking

I will go for at least a ten-minute walk every day. On days when the weather is not suitable, I will use my elliptical. I will ask my husband to hold me accountable.

Reading Scripture

I will listen to or read the Bible every day. If I am in the car, I will listen to the Bible app. At home, I will read.

WFH Days

I will work from home one day a week. I will intentionally schedule appointments on other days of the week.





Thank you



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Resources



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Well-being Resources. Psychiatry.Org - Well-Being Resources. <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources>