

Who takes care of you?

By Sydney Shaw



Statistics

- Between 40% and 85% of “helping professionals” develop vicarious trauma, compassion fatigue, and/or high rates of traumatic symptoms. (Mathieu, 2012).
- In a sample of social workers, 15.2% met the full criteria for PTSD due to indirect trauma exposure (Bride, 2007).

Secondary versus Vicarious Trauma

Secondary

- Individual is exposed to people who have been traumatized themselves, disturbing descriptions of traumatic events by a survivor, or others inflicting cruelty on one another.
- Symptoms of secondary trauma are similar to those of PTSD

Vicarious

- 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, including doctors and other health professionals.

Critical Incident Debriefs

- What are they
- Who are they available to
- What happens during them
- For more information <https://www.tnpsn.org/>



Compassion Fatigue vs. Burnout

Compassion Fatigue

- According to Web MD, it is the physical, emotional, and psychological impact of helping others.
- Signs of C.F. – mood swings, addiction, detachment, physical symptoms (digestive issues, headaches, fatigue, changes in appetite, etc.)

Burnout

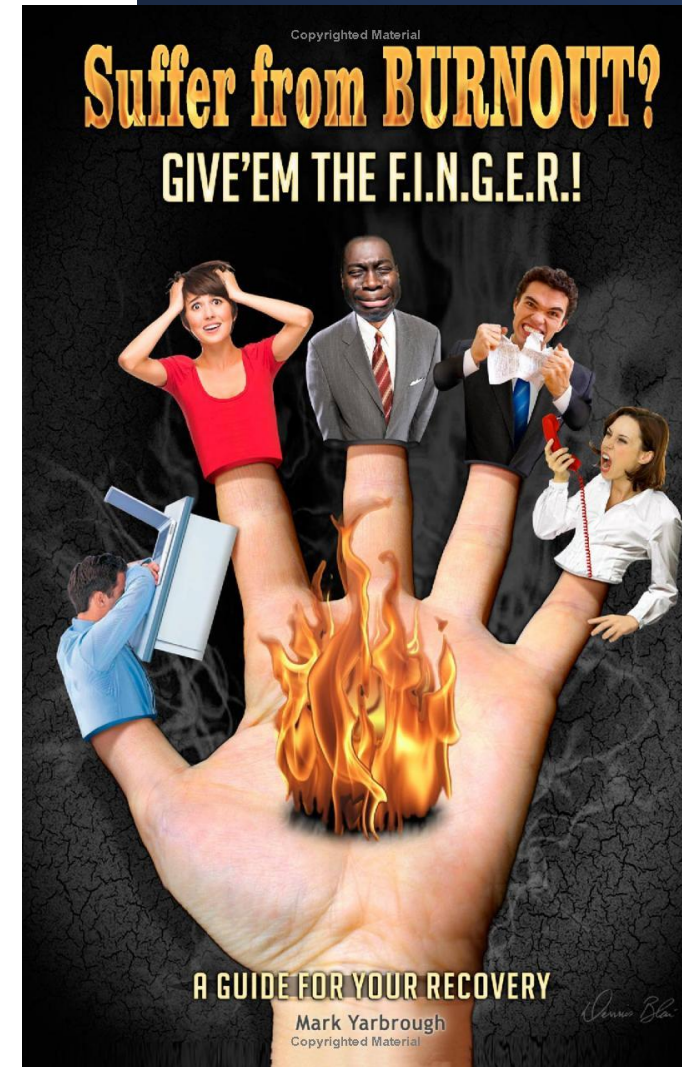
- Cumulative sense of fatigue or dissatisfaction at work
- Lack of interest or motivation regarding one's work

Cycle of Burnout



Give Burnout the F.I.N.G.E.R

- Mark Yarborough
- F – Fun
- I- Important
- N- Notes
- G- Giving Back
- E- Escape
- R – Remember



Incorporating it in our Lives

- Walks
- Seeing a therapist (EAP)
- Mindfulness
- Boundary Setting



Parkridge Valley Resources

Be Kind to Yourself: We All Need Help Sometimes

Your HCA Healthcare benefits offer support for you and your family through Optum Wellbeing.

Receive counseling for you and your household members — even if you're not enrolled in an HCA Healthcare medical plan.

Find a sitter, pet care or housekeeping.

Access financial, legal and parenting resources.

Get support for a loved one with special needs.

Get adult and elder care, plus chronic illness support.

To access these benefits, call (877) 950-5075 or go to liveandworkwell.com (guest access code: HCA). To access all of your emotional, physician and financial wellbeing benefits, go to HCAGHR.com, click HCA Rewards and click the Wellbeing Hub link.

References

- <https://www.bma.org.uk/advice-and-support/your-wellbeing/vicarious-trauma/vicarious-trauma-signs-and-strategies-for-coping>
- <https://www.caltrin.org/blog-secondary-traumatic-stress-overview/#:~:text=Between%2040%25%20and%2085%25%20of,high%20rates%20of%20traumatic%20symptoms>.
- <https://www.tnpsn.org/>
- <https://www.webmd.com/mental-health/signs-compassion-fatigue>
- <https://www.webmd.com/mental-health/burnout-symptoms-signs>