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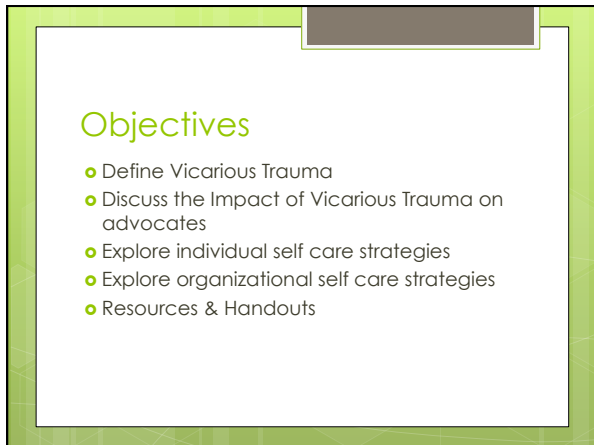
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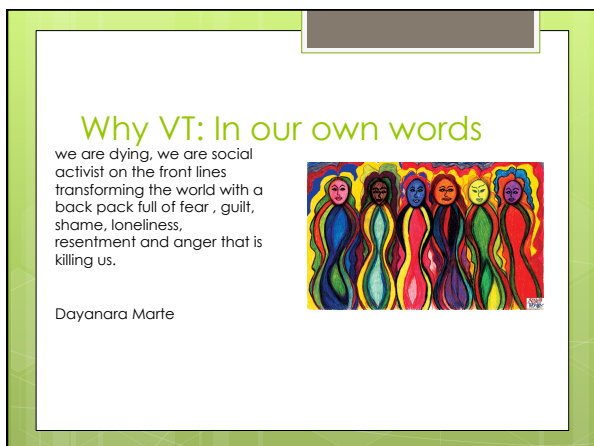
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## Defining trauma?

- How do you define vicarious/secondary trauma?

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## Vicarious trauma

the process of **change** that happens because you care about other people who have been hurt, and feel committed or responsible to help them.

**Over time** this process can lead to changes in your psychological, physical, and spiritual well-being.

A **Transformation** in the self of a trauma worker or helper that results from empathic engagement with traumatized clients and their reports of traumatic experiences

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## Advocates have shared...

- Over time, professionals working with survivors, can begin to change their world view in some concerning ways:
  - The world is a dangerous place
  - People are not to be trusted
- And some trauma survival traits can appear:
  - Numbing
  - Disengagement/Avoidance
  - Hyper vigilance
  - Physical illness
  - Addiction




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### What the research tells us

- Impacts our ability as caregivers (Bober et al., 2005)
- Leads to higher rates of turnover (Van Hook, 2008)
- Self care strategies led to lower levels secondary trauma & reduced turnover (Gordon, 2005)
- We are wounded and we heal in community (Bonnie Badenoch, 2016)
- We are taking in the equivalent of 174 newspapers information each day 5x 1986 Levitin, 2014)




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### What do you notice? How does trauma impact you and your co-workers?




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### When we are under profound stress...

#### Distortions:

- All or nothing thinking
- Overgeneralization
- Emotional reasoning
- Focusing on the negative
- Minimizing
- Magical thinking
- Entitlement

#### Questions That Promote Cognitive Restructuring:

- Are these thoughts helpful?
- Do these thoughts contain thinking strategies?
- Are there alternative explanations?
- What would one say to a friend in this situation?
- How did one learn to think this way?

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### Barriers to self care

- Inability to embrace complexity
- Diminished capacity
- Hyper vigilance
- A sense that one can never do enough
- Feeling Helpless and hopeless
- Grandiosity ones identity becomes solely about work
- Addictions

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### More than half full!



- "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." — A *Burst of Light: Essays*
- "You have to learn to love yourself before you can love me or accept my loving." — "Eye to Eye: Black Women, Hatred, and Anger," *Sister Outsider*

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### Core Strategies for Healing Trauma

- Breathing
- Pleasant Activities
- Diet and Nutrition
- Exercise
- Managing Procrastination
- Social Network
- Sleep Hygiene

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## Belly Breathing

- Herbert Benson's Relaxation Response
- Put arms behind chair for three minutes
- Lungs increase by 10 times capacity
- Stomach extends itself releasing 90 percent of bodies stored serotonin
- Stomach presses on Vagus nerve

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## Pleasant Activities

- Identify simple, realistic and achievable pleasant activity to implement.
- Select date and time to do activity.
- Have backup time to set the pleasant activity if it does not get completed.
- Source: Control Your Depression by Lewinsohn

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## Healthy Eating Habits

- Identify eating patterns and strategies
- Under eating patterns
- Over eating patterns
- Drugs and alcohol patterns
- Role of caffeine with depression/anxiety
- Identify: simple, realistic and achievable goals

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## Exercise

- Identify exercise: type and amount
- Set start date/start time
- Goals:
  - Simple
  - Realistic
  - Achievable

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## Managing Procrastination

- Set simple, realistic and achievable goals
- Set start time and date not a deadline
- Motivation activates action
- Action activates motivation

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## Social Network

- Too Loose
- Too Dense
- Red Flag for under 5 people
- Address how to utilize one's network

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## Sleep Hygiene

- How much sleep do you need?
- How much sleep do you get?
- Factor of life style affecting sleep
- Medical factors to sleep
- Problem solving sleep issues

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## Organizational Strategies

- Regular and Ongoing meetings with Trauma-Informed supervisors, co-workers, volunteers and board of directors
- Policies and practices that support self-care
- Clear agency mission, values statements and practices to address micro aggressions and staff conflicts
- Scheduled Retreats
- Normalize engagement, discussion and connection
- Job Duties that are not Trauma Related
  - EAP
  - Private Counseling
  - Self-care cohorts and planning committees

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## Create your plan

- Be specific
- Consider your strengths and challenges
- Consider your capacity
- Consider your community supports
- Review & revise as needed
- Be gentle, curious, and consistent

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## Resources

- Move to End Violence: 21 day Self-care challenge  
<http://www.movetoendviolence.org/resources/21-day-challenge-self-care-for-sustainability-impact/>
- Move to End Violence: Finding your purpose: Tools for Transformational Leadership  
<http://www.movetoendviolence.org/resources/finding-purpose-tool-transformational-leadership-development/>
- UCLA Mindful Awareness Resource Center:  
<http://marc.ucla.edu/body.cfm?id=22>
- Living Well Website, Dr. David Lisak video on Neurobiology of Trauma:  
<https://www.livingwell.org.au/professionals/confronting-vicarious-trauma/>
- OCADSV anti-racist organizational practices document:

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Thank you for all you do to take care of yourself and others.



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**National Resource Center  
on Domestic Violence**

Domestic Violence  
Awareness Month

The National Resource Center on Domestic Violence ([www.nrcdv.org](http://www.nrcdv.org)) provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials. You can access our publications online from the National Online Resource Center on Violence Against Women ([VAWnet](http://VAWnet)).

**Contact us:**  
 1-800-537-2238  
[nrcdvt@nrcdv.org](mailto:nrcdvt@nrcdv.org)

**Online TA Request Form:**  
[www.nrcdv.org/Tarequest.php](http://www.nrcdv.org/Tarequest.php)

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