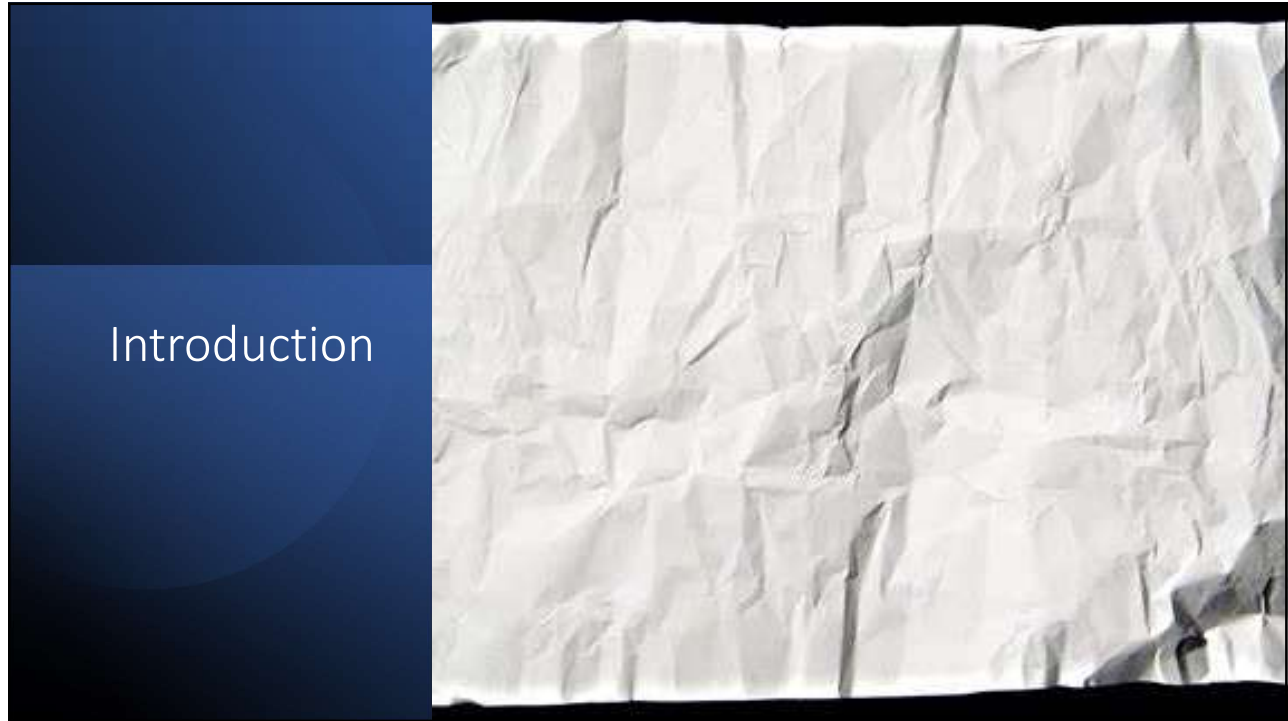


VICARIOUS TRAUMA IN HEALTHCARE PROFESSIONALS




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Agenda

- Introduction
- Definition of vicarious trauma
- At-Risk populations
- Implications of vicarious trauma
- Coping with vicarious trauma



Importance of topic

		
Empathy as a finite resource	Dedication to fair and compassionate treatment	Vocalize concerns for others vs. self.

Vicarious Trauma

- Occurs as a result of empathy (Pearlman & Saakvitne 1995)
- Product of therapeutic relationship (Boulanger 2018)

Vicarious Trauma vs. Secondary Trauma

Vicarious Trauma:

- Emotional/Psychological Transformation
- Shift due to empathic engagement
- Changes in identity, beliefs, relationships
- Powerlessness, hopelessness, pessimism, social withdrawal
 - (Pearlman and Saakvitne 1995)

Secondary Trauma:

- Knowing or hearing about event
- Stress related to wanting to help
- PTSD symptoms
 - (Figley, 1995)

At-Risk Populations

Mental healthcare:
counselors, social workers

Forensics:
law enforcement, lawyers

Medical healthcare: nurses,
physicians, paramedics, EMTs

Disaster relief: fireman, coast
guard

Symptoms of Vicarious Trauma

What other people may see

- Behavioral
- Interpersonal
- Personal values/Beliefs
- Job

What other people don't see

- Behavioral
- Physical
- Cognitive
- Emotional
- Social



Literature

Over the past 20 years, VT common after large-scale event

COVID-19 impact

Implications of Vicarious Trauma

Stigma

Compassion Fatigue

Burnout

Impact of Stigma

- Difficult to acknowledge, disclose or discuss
- “How would it look if I said I wasn’t coping?”
 - (Iliffe & Steed, 2000)

Compassion Fatigue

- An extreme state of tension and preoccupation with the suffering of those being helped (Figley, 2002)

Burnout

- Long-term stress reaction and process (Maslach & Schaufeli, 1993)
- Overextended, depleted, self-doubt



Coping

- Self-Care
- Reaffirming value of therapy
- Spirituality
- Importance of family and friends

(Cohen & Collins, 2013)

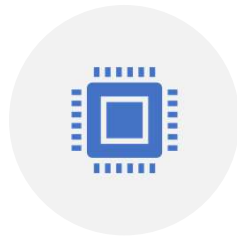
(Edelkott et al., 2016)

(Hernandez et al., 2007)

Trauma Informed Care

- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization Retraining (EMDR)
- Mindfulness Based Stress Reduction (MBSR)

Positive Impact



POST-TRAUMATIC GROWTH
(TEDESCHI AND CALHOUN, 2004)



COMPASSION SATISFACTION
(FIGLEY, 2002)

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