

Vicarious Trauma & Compassion Fatigue

WHAT IS IT? HOW DO I RECOGNIZE IT? WHAT CAN I DO ABOUT IT?

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What is Vicarious Trauma?

Vicarious trauma is an accumulation of the exposure to the pain of others, often resulting in a change of our worldview
- (Figley, 1995)

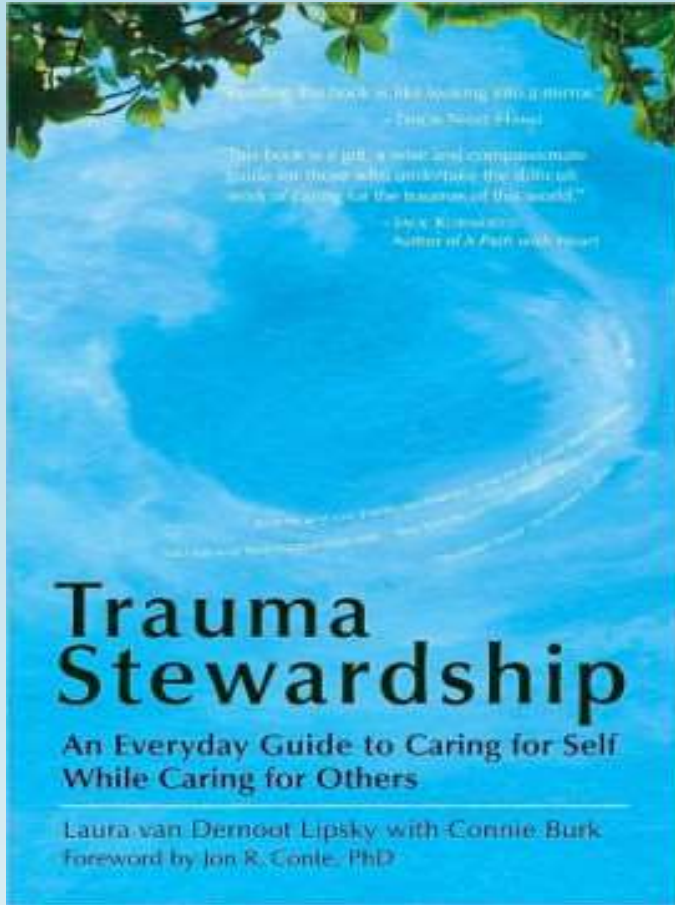


Source:

<https://www.rape-dvservices.org.au/Professional-Services-What-is-Vicarious-Trauma>

What is Compassion Fatigue?

Compassion Fatigue is the physical, mental and emotional response to others experienced traumas, leaving helpers with the inability to refuel and regenerate
(Pearlman & Saakvitne 1995)



Warning Signs of Trauma Response-

According to Laura van Dernoot
Lipsky



Feeling Helpless
& Hopeless

RapidBI.com



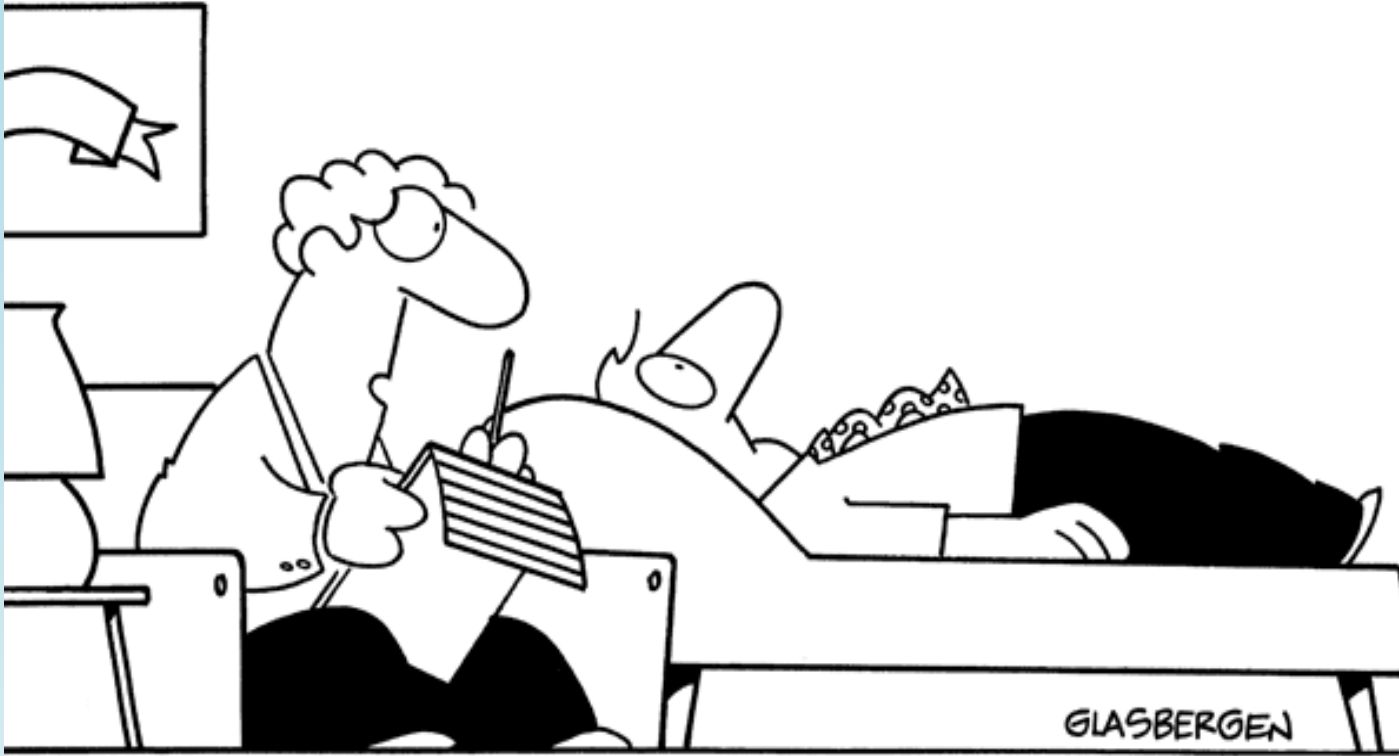
**"I don't know if it's burnout, but I set off
the smoke alarm six times today!"**

A Sense That One
Can Ever Do Enough



Inability to
brace
complexity

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**“Meditation can bring you peace and serenity.
It also gives you an excuse to look busy doing nothing.”**

Minimizing

COMPASSION FATIGUE

A HEART THAT
ALWAYS
UNDERSTANDS
ALSO GETS
TIRED.

Chronic
exhaustion/
Physical
Ailments



Diminished
Creativity



Dissociative Moments



Inability to listen/Deliberately avoiding tough conversations



Guilt, Fear & Anger

So all this work I've been doing is
underappreciated and
means nothing....
very interesting.



someecards
MEMORABLE

Sense of
persecution



Inability to empathize



Addiction

I have compassion fatigue through vicarious trauma, now what?

- Identify the source (hint: it is not always job related)- allow inquiry into do you, should you and how can you continue to stay in the (job, relationship, situation) where you are experiencing secondary trauma
- Identify whether you want to or can salvage the situation causing the secondary trauma
- Where am I putting my focus, where should I be putting my focus?
- Do I need a plan B? If so, what is your plan B?

Self-Care Reminders

- Good sleep
- Ask for help
- Seek alone time
- Spend time with friends & family, who fill you up
- It's okay to say no
- Set boundaries
- Forgive yourself
- Meditation
- Eat well
- Drink coffee & alcohol in moderation
- Unplug
- Give yourself permission to decompress



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY,
NOT A LUXURY.

Additional information:

