



# VICARIOUS TRAUMATIZATION

CHRISTY SCHUNN

# VICARIOUS TRAUMATIZATION

- Vicarious Trauma--cumulative transformative effect upon the professional who is working with survivors of traumatic life events.
- Secondary Trauma--the emotional and psychological effects experienced through vicarious exposure to the details of the traumatic experiences of others.

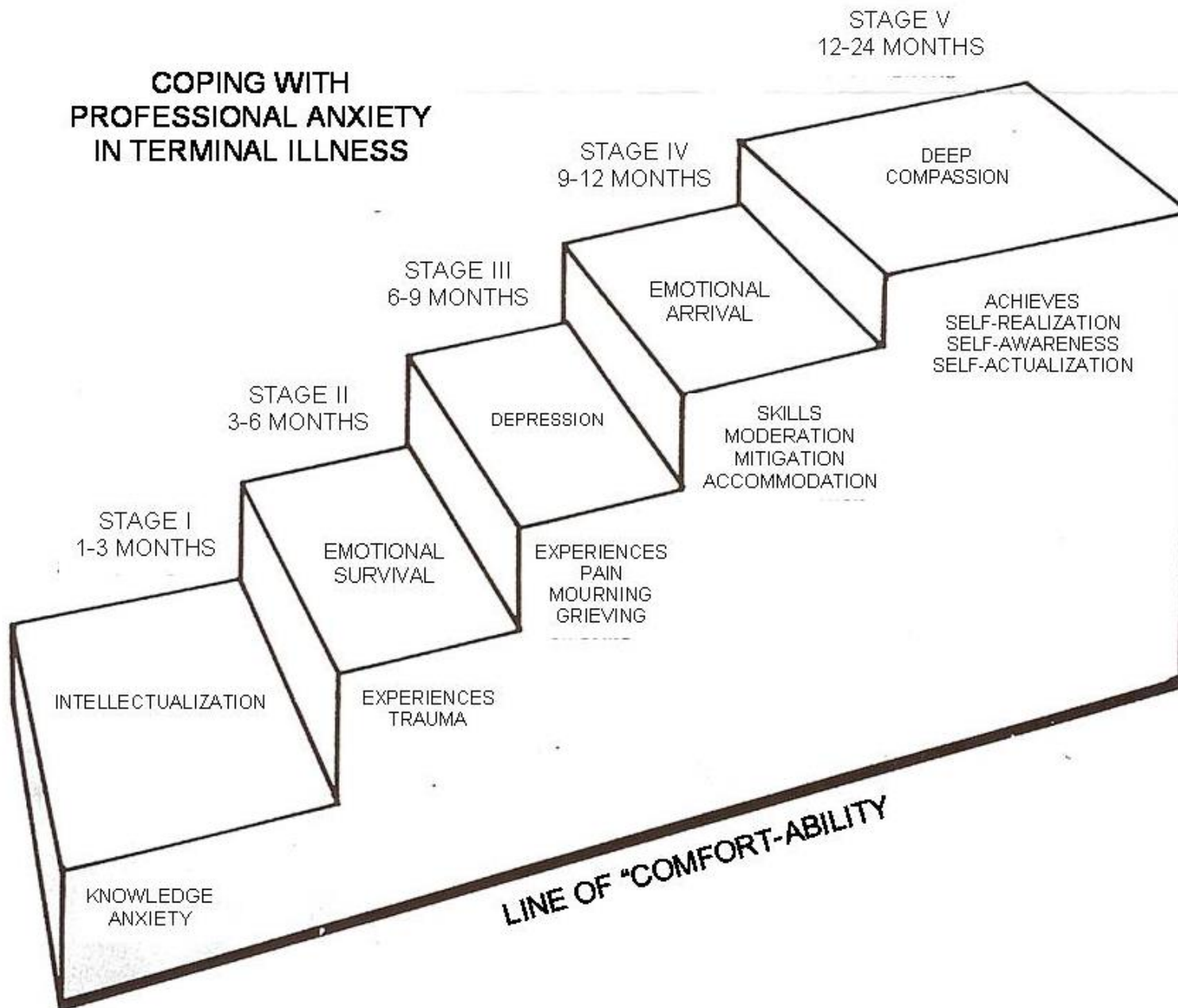
Stamm, B.H. (2010). The Concise ProQOL Manual, 2nd Ed. Pocatello, ID: ProQOL.org.

# VICARIOUS TRAUMATIZATION

- Compassion Fatigue--the emotional residue of exposure to working with those suffering from the consequences of traumatic events.
- Burnout--associated with work stress; feelings resulting as things that inspire passion/enthusiasm are stripped away, and tedious/unpleasant things crowd in.

Stamm, B.H. (2010). The Concise ProQOL Manual, 2nd Ed. Pocatello, ID: ProQOL.org.

# COPING WITH PROFESSIONAL ANXIETY IN TERMINAL ILLNESS



Harper, B. (1977). Death: The Coping Mechanism of the Health Professional. Greenville, S.C.: Southeastern University Press, Inc.

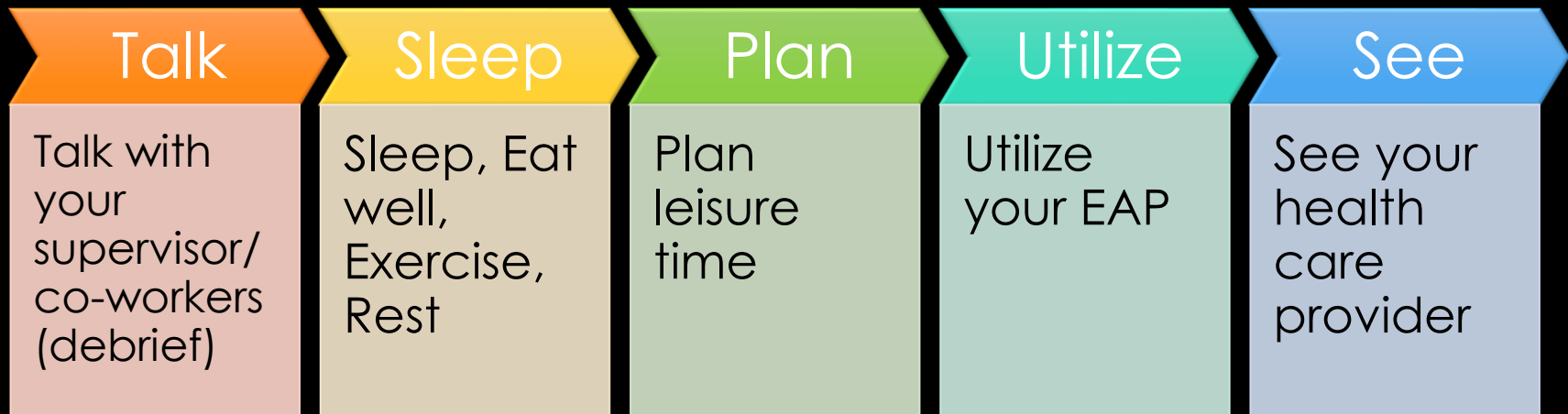
# SECONDARY TRAUMA

Over aware of our own losses.

Apprehension of pending loss.

Anxiety about one's own mortality.

# STRESS RELIEF: CARING FOR YOURSELF



Serenity means maintaining a sense of inner peace even in difficult situations.

We gain serenity by accepting the things we cannot change and focusing our energy where we can make a difference.

