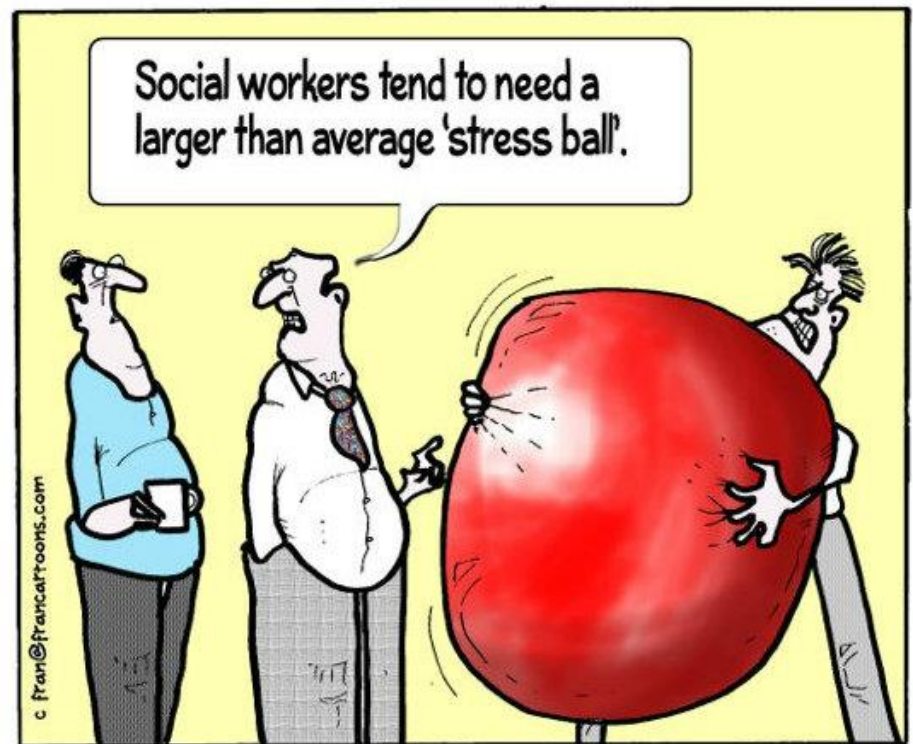




Secondary Traumatic Stress and Self Care

10/29/2020

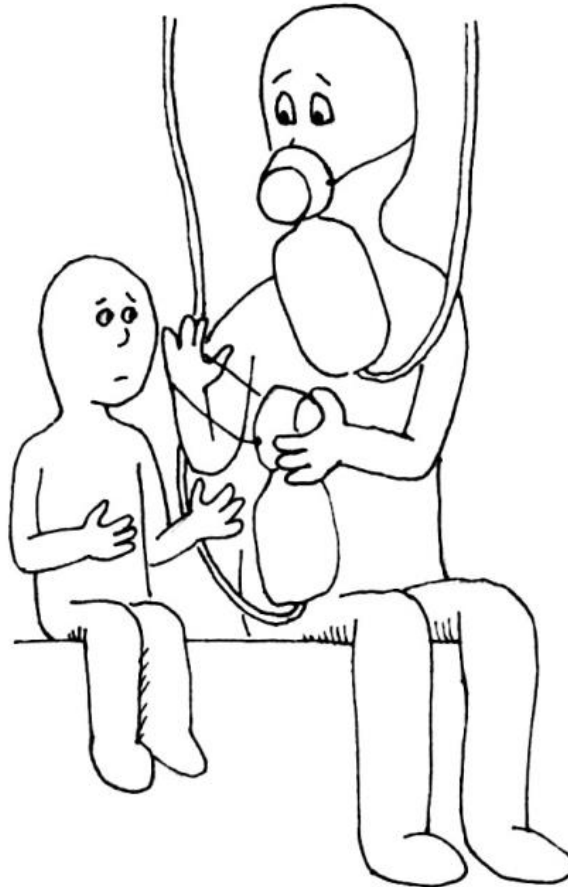


Managing Personal Stress



- Helping professionals have emotionally draining jobs!
- You may empathize with what your clients have experienced.
- Those with their own histories of trauma, may be at a higher risk for stress reactions.

Caregivers Also Need Care



Secondary Traumatic Stress and Related Conditions



Secondary Traumatic Stress refers to PTSD related symptoms caused by indirect exposure to traumatic material.

Other terms capture elements of this definition *but are not all* interchangeable.

- Compassion satisfaction
- Compassion fatigue
- Vicarious trauma
- Burnout

Secondary Traumatic Stress (STS)



Exposure can be through:

- What a patient tells you or says in your presence
- The patient's play, drawings, written stories
- The patient's reactions to trauma reminders
- Media coverage, case reports, or other documents about the trauma

Exposure to Secondary Trauma may cause:



Avoidance/ Withdrawal

- Emotional numbing
- Feeling disconnected from friends/family

Hyper arousal

- Nervousness or jumpiness
- Difficulty concentrating or taking in information

Re-experiencing

- Intrusive images
- Nightmares/insomnia

Thoughts/Feelings

- Changes in your worldview
- Feelings of hopelessness and/or helplessness
- Anger

Vocabulary

- Compassion Satisfaction
 - Positive aspects of working as a helper
- Compassion Fatigue
 - Negative aspects of working as a helper
- Work-related traumatic stress
 - Primary traumatic stress direct target of event
 - Secondary traumatic exposure to an event due to a relationship with the primary person
- © Beth Hudnall, (b) no changes are made without author authorization, and (c) it is not soldStamm, 2009. *Professional Quality of Life Scale (ProQOL)*. www.proqol.org. This test may be freely copied as long as (a) author is credited

Compassion Fatigue

Warning Signs:

- Mental and physical exhaustion
- Using alcohol, food, or other substances to combat stress and comfort yourself
- Disturbed sleep
- Feeling numb and distanced from life
- Feeling less satisfied by work
- Moodiness, irritability
- Physical complaints—headaches, stomachaches



Burnout

Characterized by emotional exhaustion, depersonalization and a reduced feeling of personal accomplishment.

Vicarious Trauma

Changes in the inner experience of the therapist resulting from empathetic engagement with a traumatized client.

When the Client's Trauma Becomes Your Own

Exposure may cause:

- Intrusive images
- Nervousness or jumpiness
- Difficulty concentrating or taking in information
- Nightmares, insomnia
- Emotional numbing
- Changes in your worldview (how you see and feel about your world)
- Feelings of hopelessness and/or helplessness
- Anger
- Feeling disconnected from loved ones

When Your Clients Trauma Is a Reminder

You may:

- React as you would to any trauma reminder
- Have trouble differentiating your experience from your client's
- Expect your client to cope the same way you did
- Respond inappropriately or disproportionately
- Withdraw

What Does the Research Say?



- In a 2010 study trauma nurses reported:
 - 35.9% had scores consistent with burnout
 - 27.3% reported compassion fatigue
 - 7% reported STS
- High burnout and high compassion fatigue scores predicted STS.
- High compassion satisfaction scores correlated with greater strength of supports, higher participation in exercise, use of meditation, and positive coworker relationships.

(Hinderer, VonRueden, Friedmann, Gilmore, Kramer, Murray 10)

What Does the Research Say?

Almost one in four parents of children with a chronic illness met the criteria for a Post Traumatic Stress diagnosis

(Cabizuca, Portella, Mendlowicz, Coutinho and Figueira, 2009)



What Does the Research Say?

Traumatic stress appears to ‘infect’ the entire system after first appearing in only one member (Figley, 95).



Organizational Stress



Types of organizational stress (and trauma) include:

- layoffs
- mergers and acquisitions
- violence in the workplace
- empathetic nature of the work
- natural disaster
- major reorganizations
- the turnover of senior leadership or sudden loss of key talent

Organizational Stress



Direct or indirect, sudden or cumulative, organizational trauma typically has the following qualities:

- A breakdown in communication
- A breakdown in trust
- A breakdown in productivity
- Workers feel powerless
- A shake up in roles and responsibilities
- A sense of loss
- Stress and anxiety contagion

Who is responsible for your Self-Care?



You



Co-workers



Supervisors



Organization



Managing Personal Stress



- Use your peers! They certainly will understand what you are going through.
- Find a support system you trust.
 - Even if friends and family don't understand *exactly* what you are going through, let them nurture you.
 - Use your support system

Getting Past STS - Individual



- Use Supervision to Address STS
- Increase Self-Awareness of STS
- Maintain Healthy Work-Life Balance
- Implement Plans to Increase Personal Wellness
- Use Employee Assistance Programs
- Utilize Accountability Buddy System or Co-Care
- Practice Self-Care
- Stay Connected
- Counseling Services
- Use Vacation Time

Getting Past STS - Organizational



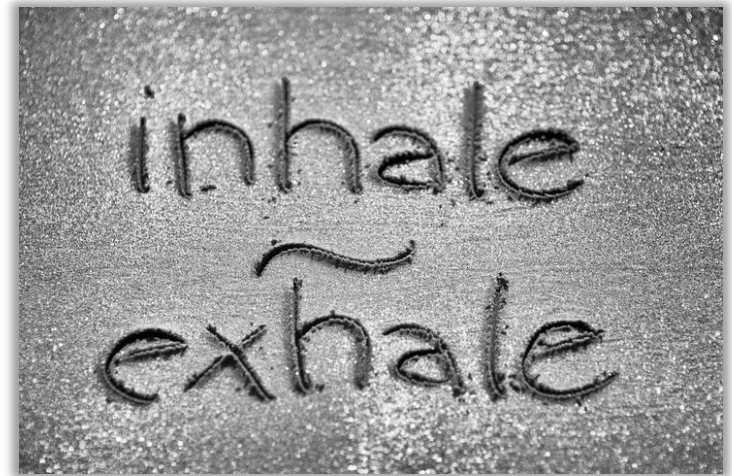
- Clinical Supervision
- Trauma Case Load Balance
- Enhance Physical safety of staff
- Incorporate STS Training for Staff
- Partner with STS Intervention Providers
- Ongoing Assessment of Staff Risk and Resiliency
- Reflective Supervision
- Workplace Self-Care Group
- Flextime Scheduling

Laura van Dernoot Lipsky
on
Trauma Stewardship

<https://www.youtube.com/watch?v=uOzDGrcvmus>

Self Care

- Consider therapy for yourself.
 - Being a caregiver or trauma professional often brings up feelings or memories.
 - Be open to sharing these powerful emotions
- Practice stress management
 - Meditation
 - Religious or spiritual practice
 - Conscious relaxation
 - Deep breathing
 - Exercise



Self-Care for Helping Professionals



- Self Care is more than a to-do list of the things you are supposed to do to take care of your mind and body.
- It's also how you manage the stress of the empathetic nature of the work.

Balance Your Plate

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

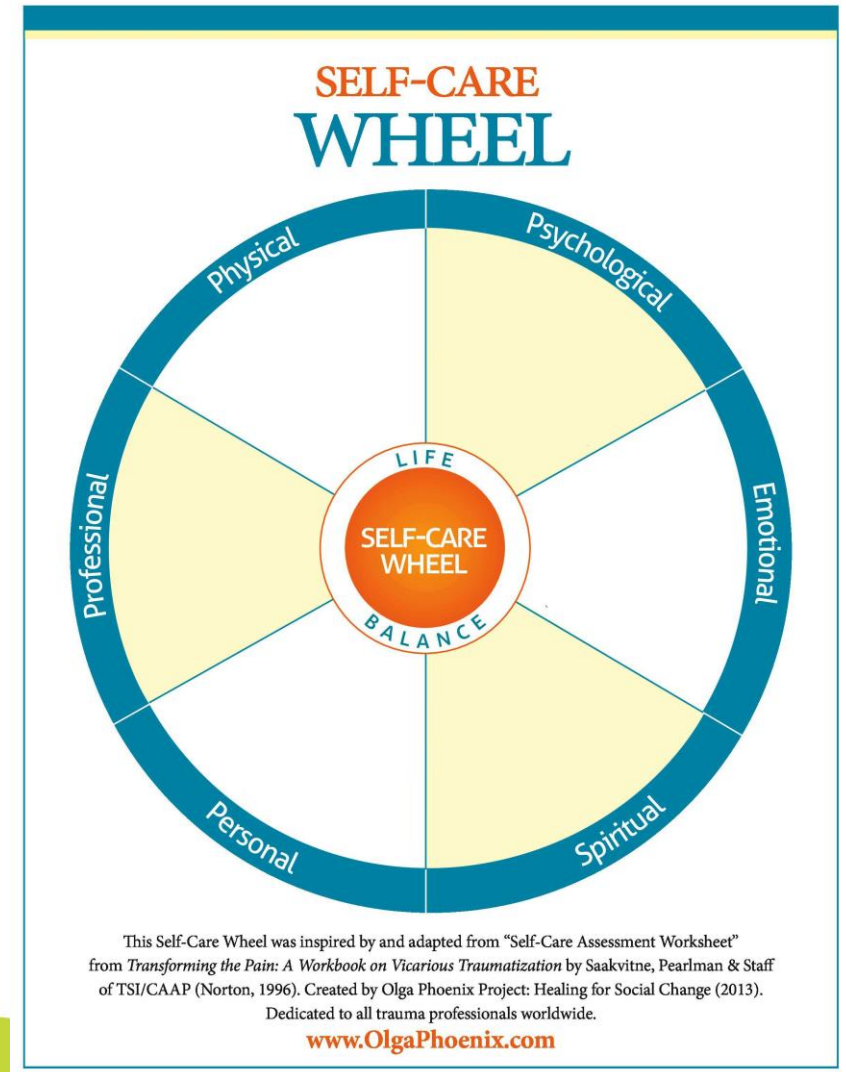
(Rock & Siegel, 2011)

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Committing to Self-Care

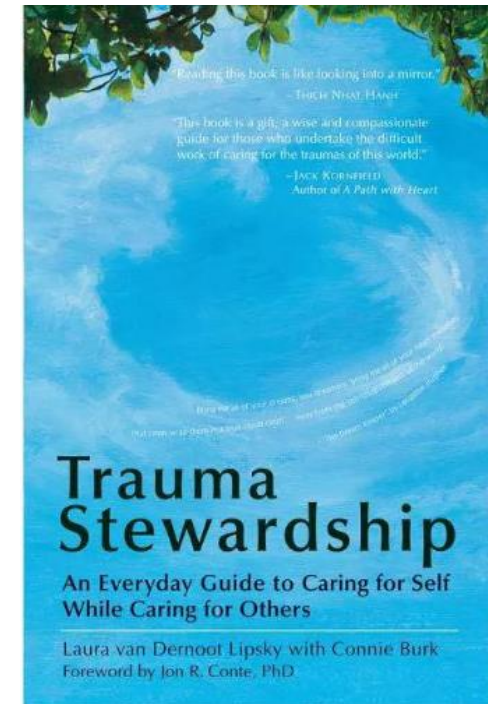
Make a Plan:

- Maintain a balance between work and relaxation, self and others.
- Include activities purely for fun.
- Include regular stress management (ex. Physical activity, meditation, yoga, prayer, etc.)



Additional Resources

- Professional Quality of Life Scale (PRQOL)
https://proqol.org/uploads/ProQOL_5_English_Self-Score.pdf
- Self Care Wheel <http://www.olgaphoenix.com/key-offerings/self-care-wheel/>
- Laura van Dernoot Lipsky, “Beyond the Cliff”
<https://www.youtube.com/watch?v=uOzDGrcvmus>



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Thank you!

10/29/2020

