

# Compassion Without Burnout: A Workshop on Vicarious Trauma

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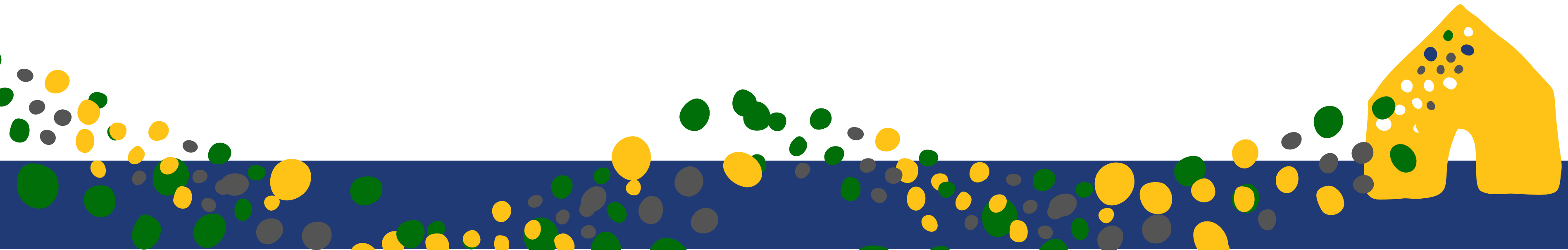
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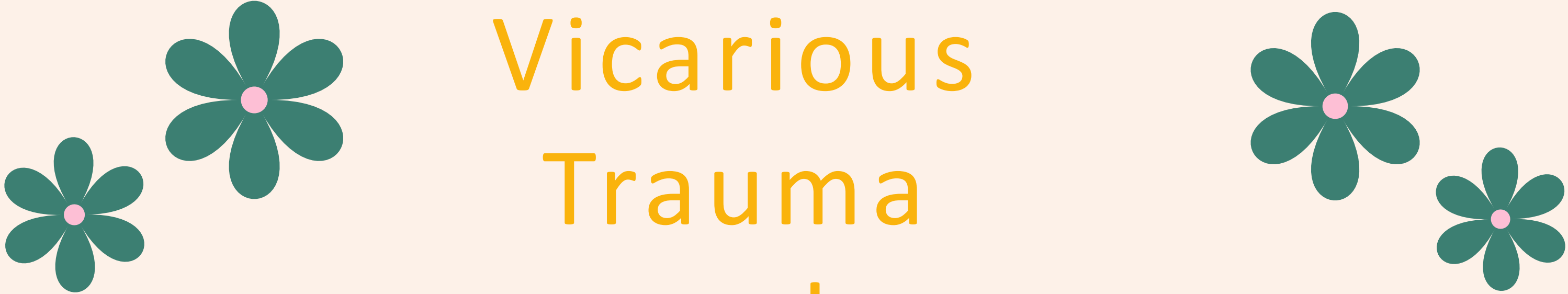



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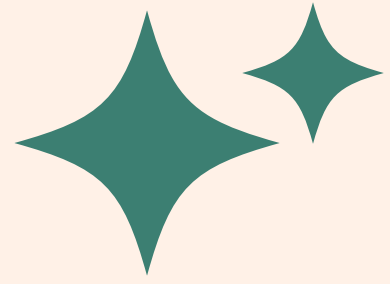
Stephanie Boyce, Hands on Hartford





# Vicarious Trauma and Self Care

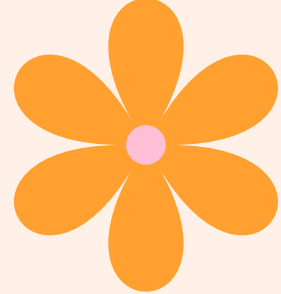
Stephanie Boyce, LCSW  
Hands On Hartford



# What is Vicarious Trauma?

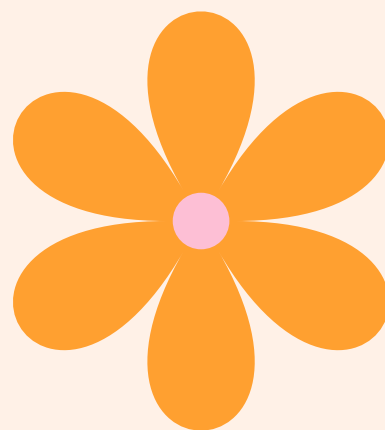
Transformation of professional's inner experience as a result of interacting with work-related traumatic material.

Changes in one's belief system around safety, trust, intimacy, esteem, and control. (Laurie Pearlman and Karen Saakvitne, 1996)



### Exhaustion and Physical Ailments

- Constant tiredness, event after resting
- Physical body tension
- Headaches, back pain, and wrist paiin
- Difficulty falling asleep or excessive sleeping
- Falling sick when you have time to rest, such as on vacation



### Behavioral shifts

- Absenteeism and attrition
- Avoidance of work, relationships, and/or responsibilities
- Dread of activities that used to be positive or neutral

## SIGNS OF VICARIOUS TRAUMA

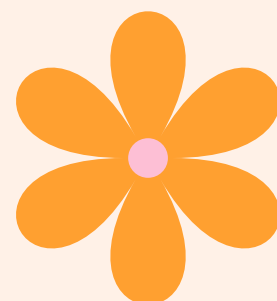
### Emotional Shifts

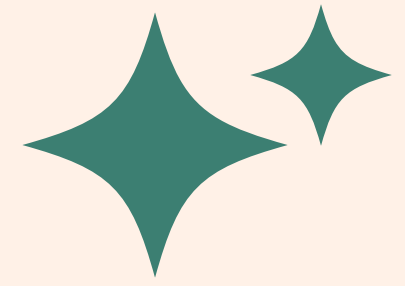
- Hypersensitive to emotionally-charged material
- Feeling disconnected from your emotions and/or your body
- Guilt for having more resources or opportunities than those you serve
- Feeling like no matter how much you give, it will never be enough
- Feeling helpless or hopeless about the future
- Increased levels of anger, irritability, resentment or cynicism

### Relationship Changes

- No separation of personal and professional time
- Viewing other people who don't work within your field as less important
- Lacking a personal life outside of work

Joyfulheartfoundation.org





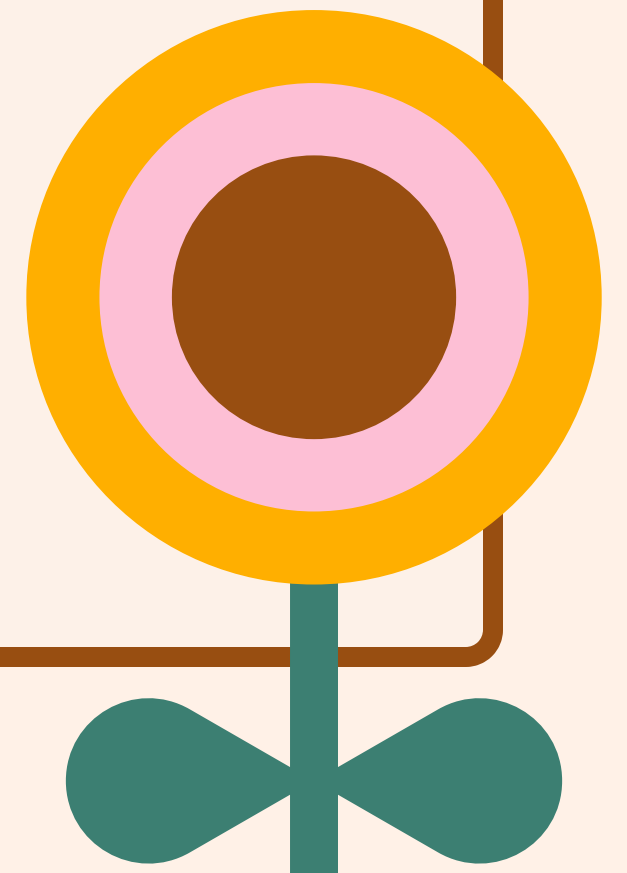
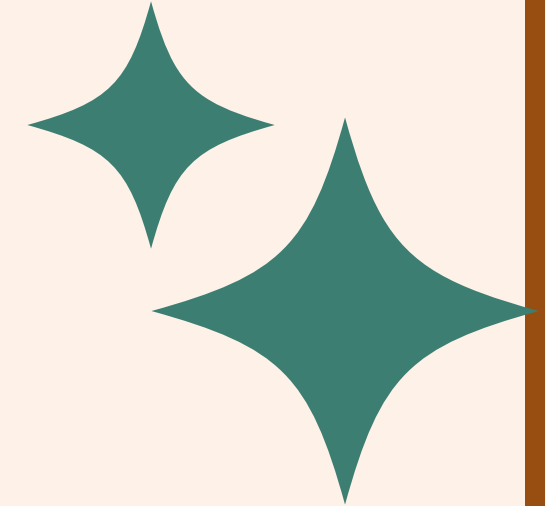
# What helps: Addressing Vicarious Trauma

- \*Coping**
- \*Transforming**
- \*The ABC's**

# Coping

- Coping with vicarious trauma means learning to live with this process so that you can do your job.
- It means accepting some vicarious trauma as part of the work and learning to manage it effectively.
- Coping strategies: escape, rest, and play

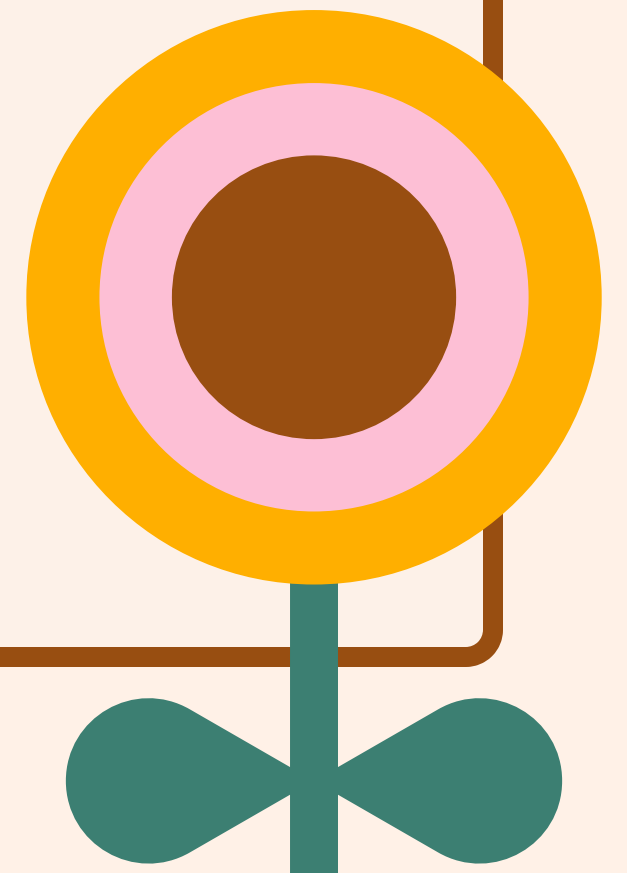
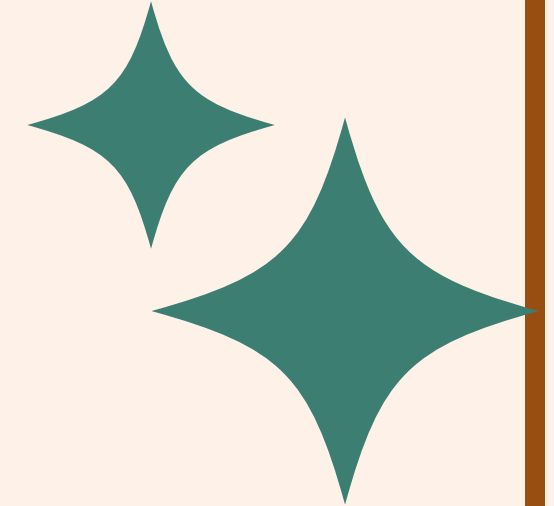
(Headington Institute 2008)



# Transforming

- Transforming vicarious trauma means identifying ways to nurture a sense of meaning and hope.
- What gives life and working meaning, and what instills or renew hope?

(Headington Institute 2008)





# The ABC's

## Awareness

- Can help you identify and understand your own reactions
- The practice of awareness itself can also be good for helping you address vicarious trauma.

## Balance

- Balancing your personal needs with the demands of your work
- Balancing really demanding work with less challenging work
- You should take a break to balance the rest of your life with your work.

## Connection

- Social support: Connecting meaningfully with people you like and care about
- Spiritual connection: important to feel connected to whatever it is that nurtures or anchors you.



# Self Care

# FIVE SELF-CARE PRACTICES

## Phyiscial

- Am I getting adequate sleeping?
- Is my diet fueling my body well?
- Am I taking charge of my health?
- Am I getting enough exercise?

## Social

- watch a fun movie with friends
- Have dinner with a special someone
- Game night
- Volunteer for a cause that is important to you

## Mental

- Practice self-compassion and acceptance
- Choose positive thoughts more often
- Choose kindness
- Do a puzzle
- Learn something new

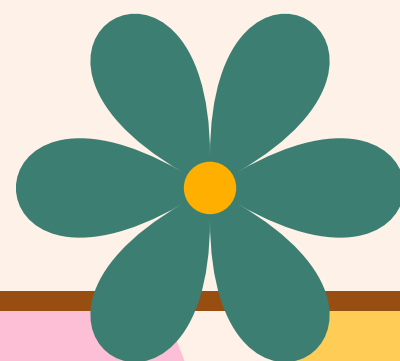
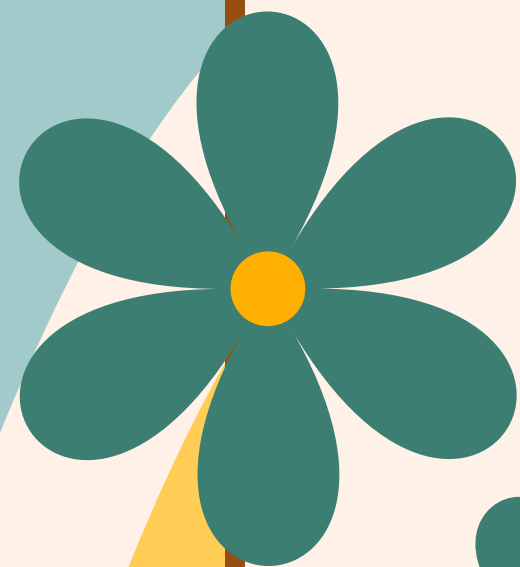
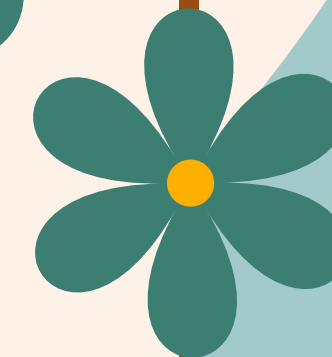
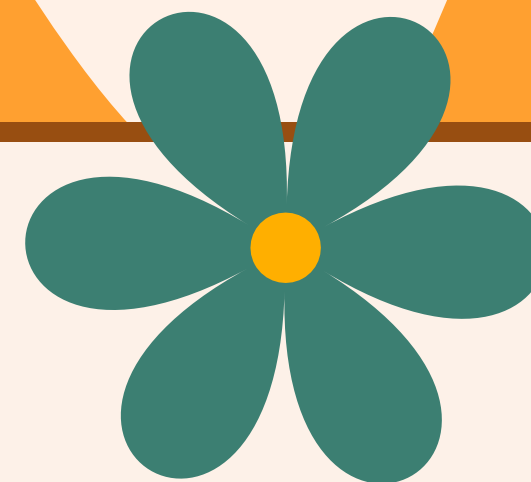
## Spiritual

- Meditation
- Yoga
- Going to a place of worship
- Being in nature
- Self-reflection

## Emotional

- Talk to a friend you can trust
- Journal your feelings
- Feel your feelings without judgement
- Mediation
- Gratitude
- Set boundaries
- Take a break

Thank  
you!



# Thank You!

For any questions email [info@cceh.org](mailto:info@cceh.org)

Visit our website [cceh.org](http://cceh.org)

