

Vicarious Trauma & the Importance of Self-Care

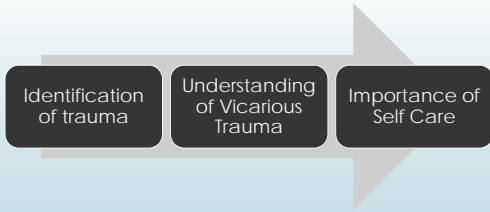
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Deputy Director, Hancock County ADAMHS Board

First.....



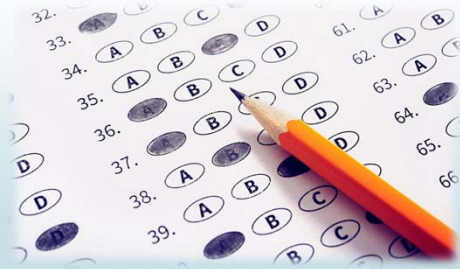
A word cloud centered around the phrase "thank you" in various languages. The most prominent words are "thank you" in English, "gracias" in Spanish, "merci" in French, "danke" in German, "arigato" in Japanese, "terima kasih" in Indonesian, "sukriya" in Urdu, "dank je" in Dutch, "ngiyabonga" in Xhosa, "teşekkür ederim" in Turkish, "mochehackeram" in Hindi, "go raibh maith agat" in Irish Gaelic, "dziękuję" in Polish, "berbank" in Indonesian, "obrigado" in Portuguese, "spasibo" in Russian, "terima kasih" in Indonesian, "감사합니다" in Korean, "merci" in French, "dank je" in Dutch, "arigato" in Japanese, "terima kasih" in Indonesian, "sukriya" in Urdu, "dank je" in Dutch, "ngiyabonga" in Xhosa, "teşekkür ederim" in Turkish, "mochehackeram" in Hindi, "go raibh maith agat" in Irish Gaelic, "dziękuję" in Polish, "berbank" in Indonesian, "obrigado" in Portuguese, "spasibo" in Russian, "terima kasih" in Indonesian, "감사합니다" in Korean.

Learning Objectives...



A flowchart with three rounded rectangular boxes connected by a large, light-colored arrow pointing to the right. The boxes contain the following text: "Identification of trauma", "Understanding of Vicarious Trauma", and "Importance of Self Care".

Test!!! Don't Sweat It!



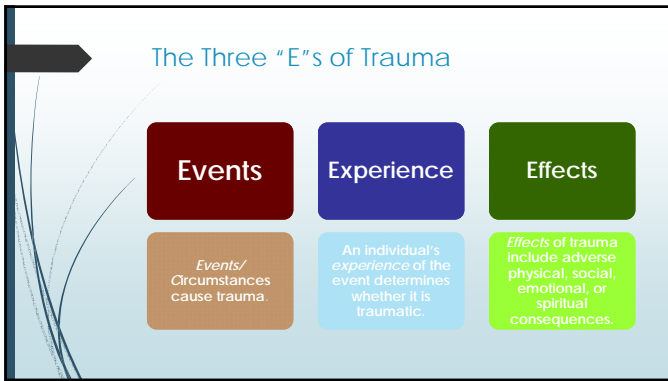
What is Trauma?

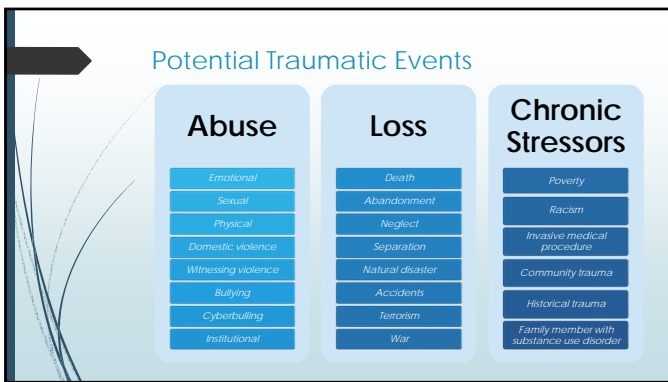
- Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

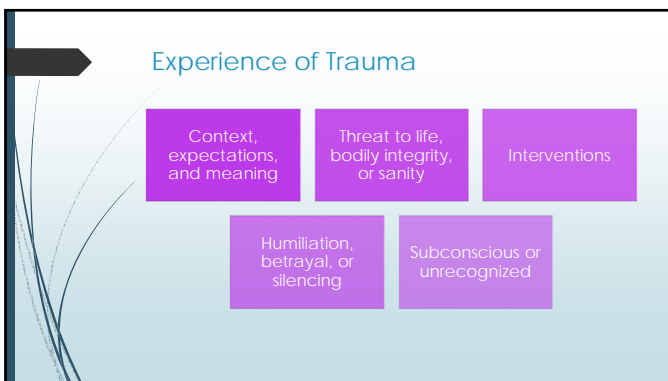
Trauma is.....

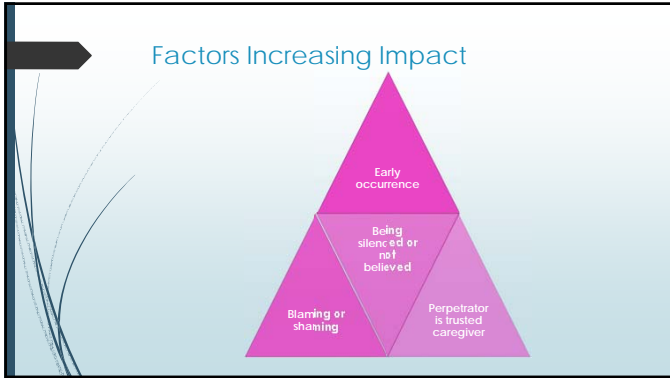
- Anything that overwhelms a person's ability to cope













- ### Problems or Adaptations??
- Fight – Non-compliant or combative OR struggling to hold on to some personal control/power?
 - Flight – Treatment resistant, uncooperative OR disengaging, withdrawing or titrating external stimulus/demands
 - Freeze – Passive, unmotivated OR giving in to those in power, repeating cycle of surrender in order not to get hurt

Trauma Responses

- Flashbacks or frequent nightmares
- Sensitivity to noise or to being touched
- Always expecting something bad to happen
- Not remembering periods of your life
- Feeling emotionally numb
- Lack of concentration; irritability
- Excessive watchfulness, anxiety, anger, shame or sadness

Other Trauma Responses

Behavioral <ul style="list-style-type: none">Blowing up when being correctedFighting when criticized or teasedResisting transitions or changesVery protective of personal spaceReckless or self-destructive behaviorFrequently seeking attentionReverting to younger behaviors	Emotional/Physical <ul style="list-style-type: none">Nightmares or sleep problemsFears of being separated from familyDifficulty Trusting othersFeeling very sad, angry, afraid; emotional swingsUnexplained medical problems Psychological <ul style="list-style-type: none">Confusing what is safe and what is dangerousTrouble focusing or concentratingDifficulty imagining the future
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Important To Remember...

- All behavior has meaning
- "What happened to you?" instead of "What is wrong with you?"
- Symptoms are adaptations
- Individuals may not be thriving, but they are surviving
- Healing happens in relationships

What does this have to do with me & my work?




We're All on the Continuum

Mental Health Continuum Model

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> Normal mood fluctuations Calm & takes things in stride Good sense of humor Performing well In control mentally Normal sleep patterns Few sleep difficulties Physically well Good energy level Physically and socially active Use or limited alcohol use / gambling 	<ul style="list-style-type: none"> Irritable / impatient Nervous Sadness / overwhelmed Displaced sarcasm Preoccupation Forgetfulness Trouble sleeping Intrusive thoughts Nightmares Mild nausea / headaches Low energy Decreased activity / socializing Regular but controlled alcohol use / gambling 	<ul style="list-style-type: none"> Anger Anxiety Personality and / hopeless Negative attitude Poor performance / mistakes Poor concentration / distractibility Restless disturbed sleep Recurrent images / nightmares Increased anger and pain Increased fatigue Avoidance Withdrawal Increased alcohol use / gambling is hard to control 	<ul style="list-style-type: none"> Angry outbursts / aggression Excessive anxiety / panic attacks Depressed / suicidal thoughts Over insubordination Can't perform duties, control behaviour or concentrate Can't fall asleep or stay asleep Sleeping too much or too little Physical illness Constant fatigue Not going out or answering phone Alcohol or gambling addiction Other addictions

Just World Belief

Throughout our lives we are taking in information through our senses.....



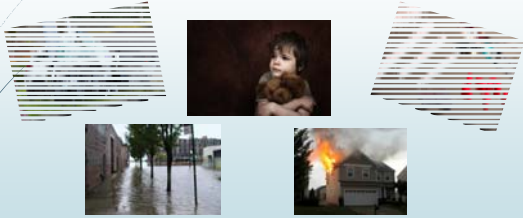
Good Behavior is Rewarded

Bad Behaviors are Punished

If We Work Hard, We Will Be Rewarded

Just World Belief Challenged... Daily

- These beliefs work well as long as there is nothing contradictory thrown at us



But problems arise when we go through traumatic experiences which conflict with our Just World Beliefs

Traumatic Experiences

- Traumatic experiences challenge the way we think of the world... and how we react...



Which can lead us to experience vicarious trauma

Burnout




Vicarious Trauma

What it is...

It's the psychological cost of caring for victims who have been traumatized...

...while feeling a sense of responsibility to help



Vicarious Trauma

- Is from exposure to others' trauma
- Can have an impact long after contact with victims has ceased
- Can emerge suddenly at anytime in your career
- Can impact critical thinking
 - What if...
 - If only...
 - I should have...
 - I wish...

Vicarious Trauma: Side Effects

Possible answers:

- Hypervigilance
- Moral distress
- Compassion fatigue
- Cynicism
- Feeling trapped
- Mental scenarios
- Emotional exhaustion
- Reduced sense of accomplishment
- Vertical workplace violence
- Horizontal workplace violence
- Seeing the world as far more dangerous
- General distrust
- Seeing most everyone as evil/malevolent
- Increased protectiveness of loved ones

Vicarious Trauma: Side Effects

Changes in...

- Value systems
- Worldview
- Beliefs
- Trust
- Tolerance
- Control

Which can then lead to:

- Stress
- Anger
- Physical distress
- Feeling vulnerable
- Considering a career change

Importance of Self Awareness

Monitor Burnout

- Emotional exhaustion = time to recover
- Reduced sense of accomplishment = a certain decrease in confidence

Practice Mindfulness

- It's Awareness that is:
- Reflective
- Non-judging
- Accepting

Practice Self Care... A Few Tips!

- 30-90 minutes of down time after your shift to turn your brain off.... Before engaging in potential stressors with family, friends, home, etc...
- Sleep Diet (structure additional sleep into your week)
- Stock up on sleep whenever possible, 1 hour naps
- Respect circadian rhythms sleep
- Avoid "blue light" prior to sleep e.g. computers, television, cell phone
- Don't get comfortable in a routine, it kills creativity and energy
- Coffee (Caffeine) is a drug, use it carefully!
- Time outside (enjoy nature), with healthy exposure to sunlight
- Focus on posture, breathing, gentle stretching, exercise, meditation
- Eat good food at the correct time

Domains of Resilience

- Physical**
 - Physical flexibility
 - Endurance
 - Strength
- Emotional**
 - Emotional flexibility
 - Positive outlook
 - Self-regulation
- Mental**
 - Mental flexibility
 - Attention span
 - Ability to focus
 - Incorporate multiple points of view
- Spiritual**
 - Spiritual flexibility
 - Commitment to values
 - Tolerance of others' values and beliefs

We are coming to understand health not as the absence of disease, but rather as the process by which individuals maintain their sense of coherence (i.e. sense that life is comprehensible, manageable, and meaningful) and ability to function in the face of changes in themselves and their relationships with their environment.

Diagram of Resilience Adapted from the Board of Health and Human Resources

Thank You & Take Care!

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Directions for CE Credit

- Review the Handouts and Print the Test (both located on thumb drive)
- Complete the Test
- Send the Completed Test to Craig Spieker by:
 - E-Mail: cspieker@bvhealthsystem.org
 - Drop-Off or Snail Mail to: Hanco, 417 Sixth Street, Findlay, OH 45840
- The date on the CE credit will be the date the completed test was received
- For questions regarding CE credit, contact Craig Spieker at 419-423-2912

References

- Trauma-Informed Approach: Key Assumptions and Principles. Ohio Mental Health and Addiction Services
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