

VICARIOUS TRAUMA TIP SHEET FOR STOPPING THE VIOLENCE COUNSELLORS

Definition:

Vicarious trauma is an unintended consequence of caring for and attending to trauma survivors. It is “the inner transformation that occurs in the inner experiences of the therapist that comes about as a result of empathic engagement with clients’ trauma material” (Pearlman and Saakvitne, 1995; p. 31).

In addition to experiencing vicarious trauma, counsellors may experience secondary stress or secondary traumatic stress. Counsellors may experience reactions that mirror the reactions of

survivors to the original trauma. When experiencing secondary stress, a counsellor may experience flashbacks of clients’ experiences, intrusive thoughts of client material and intrusive dreams, sleep disturbance and overall fear (Bellicoso, 2017).

The experience of vicarious trauma is not an indictment of our lack of self-care. Self-care alone will not protect us from the impacts of repetitive exposure to traumatic material, although it is the foundation from which we will nourish and protect ourselves. It is imperative that we adopt processes for ourselves that

both protectand replenish us within the workplace (Kearney, 2018).

Specific Considerations:

Our own trauma history, mental health baseline and intersecting identities interact with the role we hold as counsellors in providing us with both unique resiliencies and vulnerabilities. Although many of us have done significant personal work before entering into the field of trauma response, it is important to stay open to moving in and out of our own personal counselling during our tenure as a Stopping the Violence counsellor. Trigger

points of our own trauma history may be brought to the surface, or the cumulative effect of exposure to other's trauma may increase feelings of depression and anxiety.

New STV counsellors are particularly vulnerable to vicarious trauma, as they are viscerally exposed to trauma stories they may not have previously heard, and concurrently hold a responsibility to assist a survivor in navigating through these experiences. Veteran STV counsellors are also particularly vulnerable to vicarious trauma as the cumulative experience of years of witnessing, absorption and the wearing down of formal support systems and resources take a toll.

STV counsellors typically work with survivors who are in stage one of the trauma recovery process. Crisis management, early learning and application of grounding tools is the bulk of this work. Rarely do we work with survivors in stage three of trauma work, namely the integration of one's trauma narrative into one's identity, application of new skills and the opening of one's life not defined by trauma. Thus, we rarely are witnessing firsthand the blossoming of survivor's lives.

Stopping the Violence counsellors work with survivors who are disproportionately dispossessed and thus we are exposed to the harsh impacts of racism, classism, ableism, transphobia and homophobia



that our society and systems perpetuate. This exposure through survivors' and our own lives can foster hopelessness and powerlessness.

Many counsellors work in agencies in which they are the sole STV counsellor or the sole counsellor working with a specific community, which fosters isolation. Working within a smaller community increases our isolation, as we may find we reduce our involvement in our community to avoid overlapping with survivors we have served or their family members.

Remedies:

- Ensure your foundation of self-care is intact and robust. Our foundation always includes good nutrition, good sleep, regular physical exertion,

regular contact with nature, loving connection with others and spiritual connection. If you are unsure about the quality of your self-care, or need some rejuvenation in that area, access one of the assessments listed below to check in with yourself and get new ideas.

- Remember the ABC's of offsetting vicarious trauma: **A:** awareness, **B:** balance, **C:** connection. Awareness invites us to schedule mini-rituals into our work time where we are attuning to ourselves, our needs in that moment, and the impact of the day thus far. Each bathroom break can be your tuning in time, the washing of hands a washing off of energy you have absorbed. Awareness also includes noticing and attending to the ways in which



vicarious trauma is impacting or eroding your sense of self, the world, and safety. To enhance your awareness, it may be helpful to commit to completing a formal assessment of your well-being at least annually (numerous assessments are listed under resources on this sheet).

Designate one person you trust who is close to you in your intimate, personal life to be your “canary in the coal mine”. Educate that person about vicarious trauma, and ask them to give you a heads up when they see indicators of you being eroded by your work.

- Balance from a workplace perspective includes paying attention to your scheduling and caseload. If possible, schedule your more challenging clients during your more resourced time of day. In order to mitigate the sense of always feeling time crunched, schedule time for

reflection, note taking, and phone calls as a proactive way of protecting your energy. You may find it helpful to schedule time at the end of your day for wrapping up your day – not for client interaction. If you have a number of survivors on your caseload who are intensely in crisis, suicidal etc., pay attention to that and seek permission to bypass another intake who presents in that way, to create more balance in your caseload.

- Connection means ensuring you are not isolating from your office colleagues, but also having connection to others who are not immersed in trauma work. Connection to spirit, land, creative expression and healthy vibrant intact others helps us balance out the exposure our work creates.

- Identify a colleague from your office or another STV program who you will have in person or virtual lunch with every week. Having a set,

repeating lunch appointment where you meet in private to just talk and eat.

- When a work day or session has had significant impact on you, take fifteen to twenty minutes at the end of your day to sit with a blank piece of paper and colour, scribble, or jot a few words down on what you are holding or carrying from the day. Approach the paper as your container for what you have absorbed. Continue scribbling or colouring until you feel quiet inside, then fold the paper up repeatedly until you cannot fold it any longer. Either discard it right away, or write what you are invoking for yourself as your super power, self-care, or reminder that you can be well on the outside of the folded paper, and then let the paper go.

- When a particular survivor continues to enter into your thoughts, offer loving kindness (or metta) meditation for them as a way of offering something beyond your counselling office, but also for yourself. The teaching of loving kindness meditation is that we start with offering kindness to ourselves, then the person who is occupying our energy, and then out into the world to all beings (including our animal friends). <https://positivepsychology.com/loving-kindness-meditation/>

- Exposure to traumatic material lodges in our bodies and nervous systems.

Resetting our vagus nerve (and thus stimulating our parasympathetic nervous system) throughout our workdays can assist in offsetting vicarious trauma. Simple actions like humming for two minutes, laughing out loud, or creating saliva from sucking on a strong mint or cinnamon can all stimulate your vagus nerve. For more strategies, consult. https://drarielleschwartz.com/the-vagus-nerve-in-trauma-recovery-dr-arielle-schwartz/#.X_Inn-B7lQI

- A simple four-and-a-half-minute body practice that can assist in bringing your amygdala out of a false danger signal and stimulate your vagus nerve is described by trauma therapist Resmaa Menakem in an interview with Krista Tippett from On Being at <https://onbeing.org/blog/race-and-healing-body-practice/>

- Follow or join in with local, provincial, national, global activism against violence against women and children. Become attached to something larger than yourself – we are part of a vital global, active community, and rabble rousing is a strong antidote to the pessimism and helplessness we can feel. One source of this activism is the United Nations, who since 2013 has been promoting 16 days annually to protest gender-based violence: <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/take-action/16-days-of-activism>



RESOURCES:

There is no quantitative assessment that measures vicarious trauma. Several assessments that are useful for measuring impacts are:

Professional Quality of Life Measure (2009) is a self assessment that measures compassion satisfaction, burnout and secondary trauma. Available in multiple languages: http://www.proqol.org/ProQol_Test.html

A **Burnout** self-test can be found on the Mind Tools website: https://www.mindtools.com/pages/article/newTCS_08.htm

Silencing Response Scale (Baranowsky 1996, 1998) is a self assessment that measures the impact of communication with trauma survivors on our ability to be present and emotionally resourced: http://www.compassionstrengths.com/Silencing_Response.html

Secondary Traumatic Stress Scale (Bride et al.

2004) is a self assessment that measures impact of exposure to client's traumatic material: <https://theacademy.sdsu.edu/wp-content/uploads/2019/09/STSSwithscoreinterpretation.pdf>

Compassion Fatigue/ Satisfaction Self Test (Stamm 2013) based on the work of Charles Figley is an opportunity to measure levels of fatigue versus satisfaction derived from one's work: <https://nwdrugtaskforce.ie/wp-content/uploads/2013/01/Compassion-Fatigue-Handout-6.pdf>

Mental Health Continuum Model for First Responders is a simple and clear continuum that assists in identifying the nature of impact or injury to your mental health from the exposure of your work and/or life events: <https://bcfirstrespondersmentalhealth.com/wp-content/uploads/2017/06/MentalHealthContinuumModel-1.pdf>

Self-care Patterns Scale

(SCPS-R) (Gonzalez, Leeds & Knipe, 2012) is an assessment to see how robust your self-care is in action and attitude: <http://www.intra-tp.com/wp-content/uploads/2017/02/SELF-CARE-SCALE-with-Interpretation.pdf>

Another Self-care Assessment

was adapted based on the work of Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). An alternative way to use the assessment is to read the self-care activities and identify those you have left behind that you wish to return to, or to incorporate new self-care activities into your routines: <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-assessment.pdf>

Further guides and assessments

based on the work of Saakvitne, Pearlman, & Staff of TSI is the self-care and resilience wheels created by Olga Phoenix. The self-care wheel outlines self-care in six areas of our lives, and comes with an assessment wheel and goal wheel, available at: <https://olgaphoenix.com/wp-content/uploads/2020/12/SCWsWDmin.pdf>

And the resilience toolkit provides helpful information on how to build resilience focusing on self-care, relationships and living with purpose, available at: <https://olgaphoenix.com/wp-content/uploads/2020/11/Resilience-Wheel-Toolkit.pdf>

Post traumatic growth

is a concept that examines the positive changes within us due to the exposure to other's suffering. For more information see: <https://positivepsychology.com/post-traumatic-growth/> (includes several videos.) The inventory itself can be accessed at: <https://www.careinnovations.org/wp-content/uploads/Post-Traumatic-Growth-Inventory.pdf>

Tara Brach has developed a mindful emotional awareness process entitled RAIN that allows practitioners to safely connect to feeling, develop awareness, nourish oneself and release. For materials and guidance on this process visit: <https://www.tarabrach.com/rain/> Guidebook on

Vicarious Trauma: Recommended Solutions for Anti-Violence Workers Richardson, J. (2001):

https://ovc.ojp.gov/sites/g/files/xyckuh226/files/media/document/os_vicarious_trauma_guidebook-508.pdf

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others Laura van Dernoot Lipsky with Connie Burk, 2009. If you wish to view a 20-minute talk by van Dernoot Lipsky, see: <https://www.youtube.com/watch?v=uOzDGrcvmus>

On Being Podcast with Krista Tippett, a weekly broadcast that explores active spirituality and self-care in our current world. Justice making, and wholistic care features in her interviews. Of particular note is starting points and care packages, broadcasts that promote practices to support those exposed to hurt: <https://onbeing.org/series/podcast/>

Behind the Line Podcast with Lindsay Faas, a Lower Mainland clinical counsellor who specializes in trauma. The podcast is focused on wellness for front line responders and trauma: <https://www.my.thrive-life.ca/behind-the-line>

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