

Staying afloat

Skills for you and your organizations

Oxygen mask



Secondary trauma/ Vicarious traumatization in mental health settings

- Vicarious traumatization- Trauma reactions due to hearing others' stories/experiences of trauma
- Experiences
 - Distressing emotions
 - nightmares/sleeplessness
 - Numbing
 - Difficulties in relationships around trust or control
 - One estimate from British National Health Service 70% of psychotherapists experienced Secondary Trauma

Bercier, M. L., & Maynard, B. R. (2015). Interventions for secondary traumatic stress with mental health workers: A systematic review. *Research on Social Work Practice, 25*(1), 81-89.

Baird, K., & Kracen, A. C. (2006). Vicarious traumatization and secondary traumatic stress: A research synthesis. *Counselling Psychology Quarterly, 19*(2), 181-188.

Molnar, B. E., Meeker, S. A., Manners, K., Tieszen, L., Kalergis, K., Fine, J. E., ... & Wells, M. K. (2020). Vicarious traumatization among child welfare and child protection professionals: A systematic review. *Child Abuse & Neglect, 110*, 104679.

Organizational factors

- Number of hours of exposure (size of caseload, make up of caseload)
- Peer support?
- Amount of training unclear effect on levels of STS
- Quality of supervision relationship > amount of supervision
- Institutional recognition of VT/STS and institutional culture of supporting staff needs

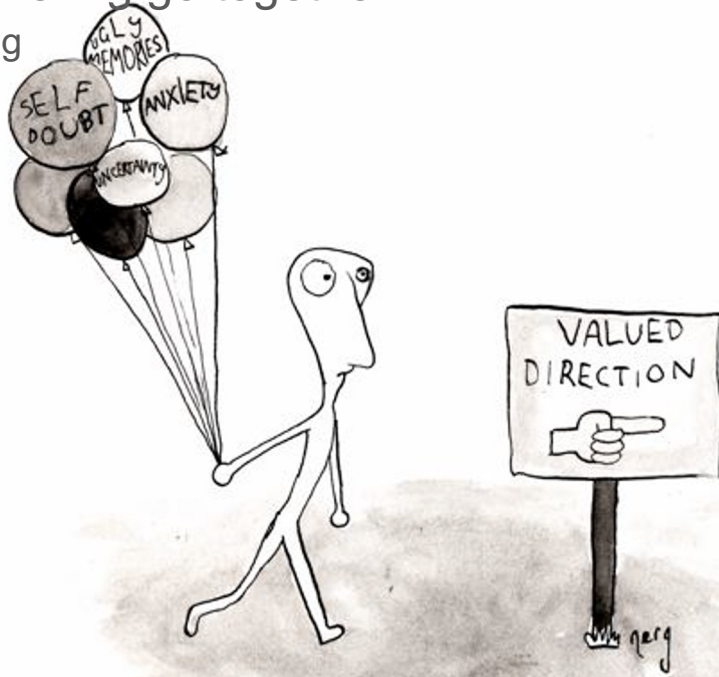
Sutton, L., Rowe, S., Hammerton, G., & Billings, J. (2022). The contribution of organisational factors to vicarious trauma in mental health professionals: A systematic review and narrative synthesis. *European Journal of Psychotraumatology*, 13(1), 2022278.

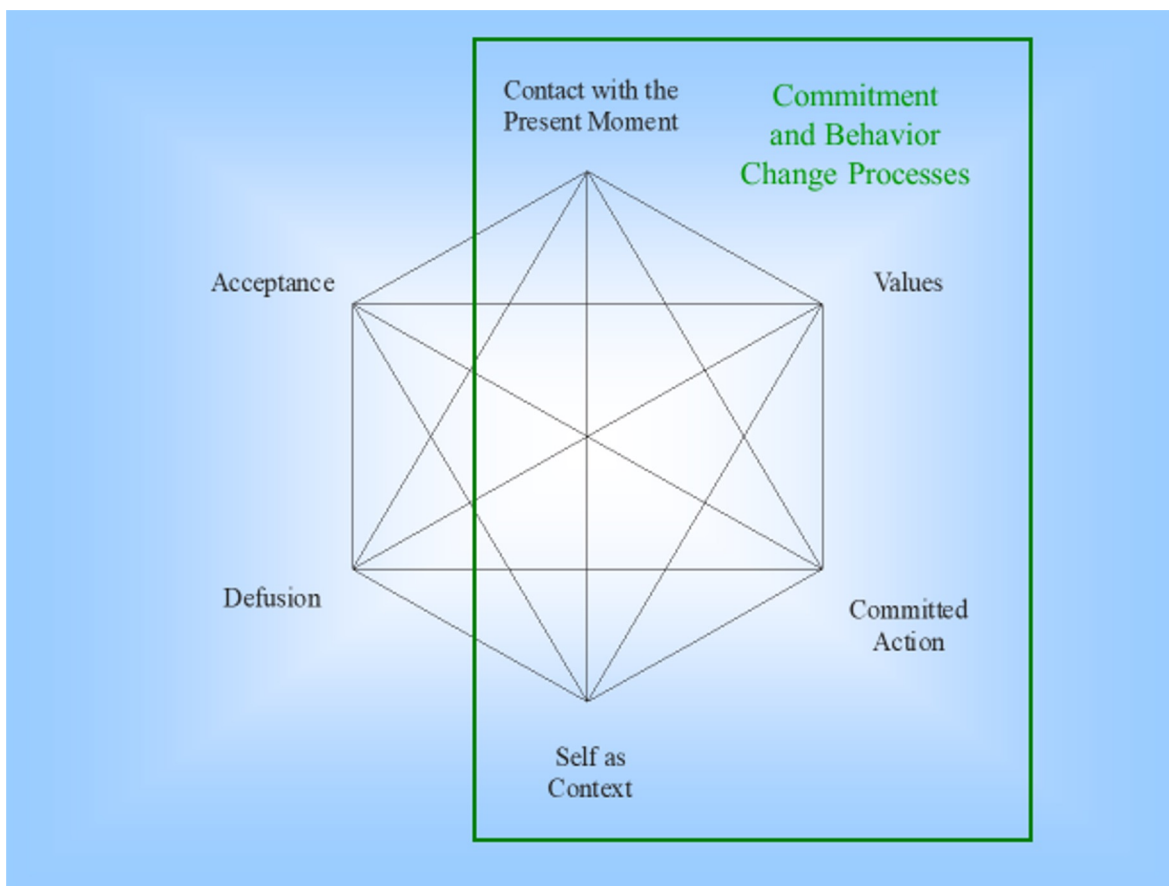
Internal factors: Values

- Why do you do what you do?

Skill practice : Why is this work so hard

- Values and psychological suffering go together
 - Goal is not to eliminate suffering





The Six Core Processes of ACT Steven Hayes https://contextualscience.org/the_six_core_processes_of_act



**My most
painful internal experiences**

1. _____

2. _____

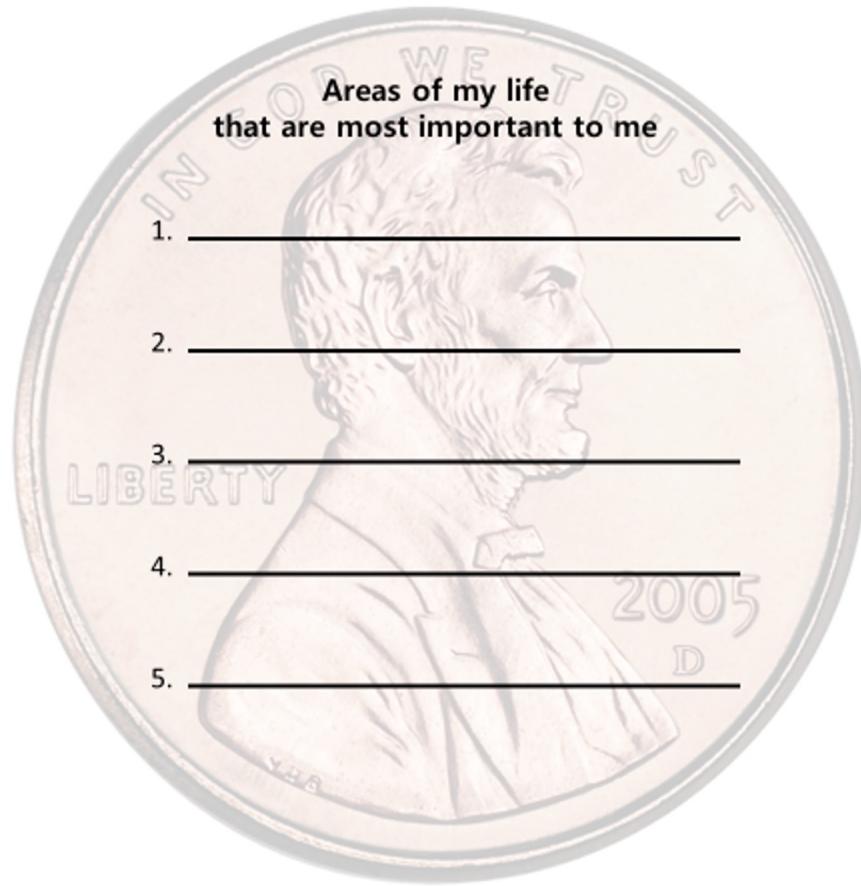
3. _____

4. _____

5. _____

Brooke Smith:

https://contextualscience.org/two_sides_of_the_same_coin_worksheet



Areas of my life
that are most important to me

1. _____

2. _____

3. _____

4. _____

5. _____

Brooke Smith:

https://contextualscience.org/two_sides_of_the_same_coin_worksheet