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Ask the Expert: Preventing Vicarious Trauma

August 17, 2021 | Presented by:

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National Criminal Justice Training Center of Fox Valley Technical College

Webinar Disclaimer

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Today's Presenters

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Learning Objectives

- ✓ Explain and define vicarious trauma.
- ✓ Identify factors that contribute to vicarious trauma.
- ✓ Discuss and share strategies to manage vicarious trauma.

A photograph of a person with dark skin and curly hair, wearing a light blue patterned shirt. They are sitting and covering their face with both hands, suggesting a state of distress or trauma. The background is softly blurred with warm, orange-toned light.

What is Trauma

- The experience of violence or victimization
- Threat to life or limb, loss of control
- Extreme stress that overwhelms the person's capacity to cope

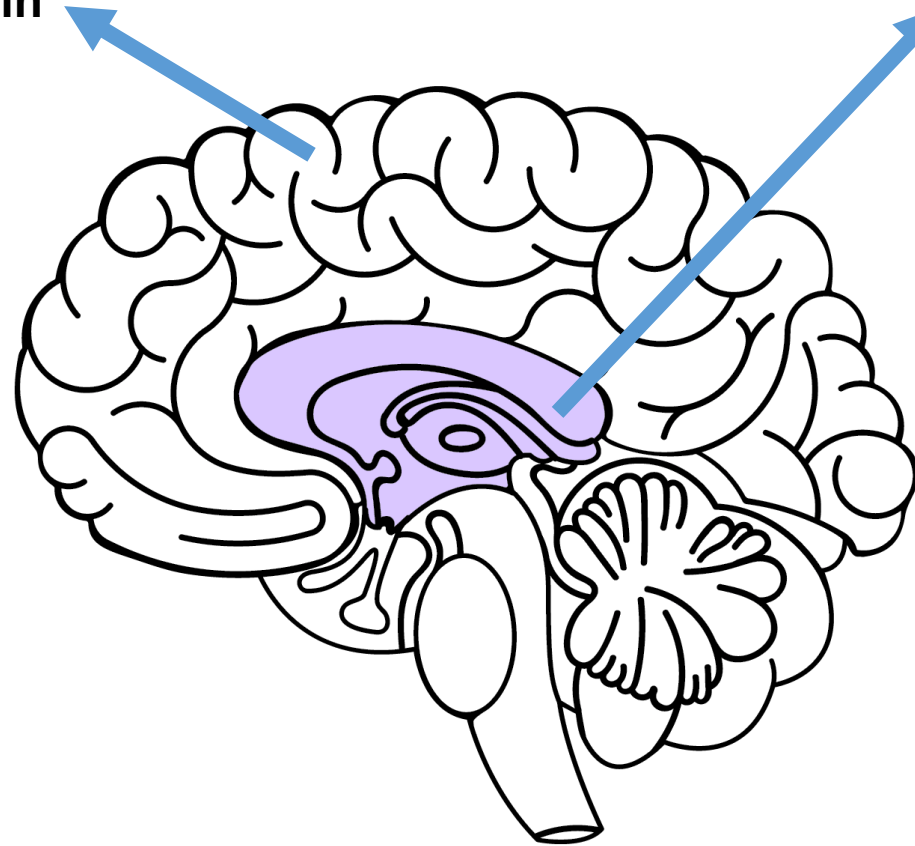
Stress Continuum

- Eustress
- Distress
- Short-term
- Long-term
- Traumatic
- Trauma response



Intellectual (Logical) Brain

Forward looking –
future & solution focused



Emotional Brain

Non-intellectual/non-logical –
past focused

<https://youniquefoundation.org/an-interactive-infographic/trauma-brain-limbic-system/>



Organizational Symptoms:

- High absenteeism
- Inability for teams to work well together
- Desire among staff members to break rules
- Outbreaks of aggressive behaviors among staff
- Lack of flexibility among staff members
- Negativity towards management
- Strong reluctance toward change
- Inability of staff to believe improvement is possible
- Lack of a vision for the future

Warning Signs

- You get stressed easily
- You have difficulty asserting yourself
- You have a limited emotional vocabulary
- You make assumptions quickly, defend them vehemently
- You hold grudges
- You don't let go of mistakes
- You often feel misunderstood
- You don't know your triggers
- You don't get angry
- You blame other people for how you feel
- You're easily offended





Boundaried Empathy

Un-Mirroring Ideas:

- Sit up straight
- Cross or uncross legs
- Change breathing
- Take a sip of water
- Stretch
- Take a deep breath
- Exhale
- Break eye contact

Don't Play Trauma Tag!





The opposite of play is
not work...

...the opposite of play
is depression

Activity

- Be social
- Go for a walk
- Journal
- Appreciate someone
- Sit quietly





General Inquiries

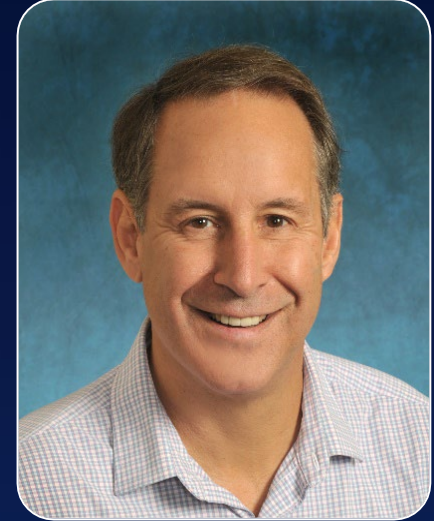
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