



# ECHO Idaho: Behavioral Health in Primary Care

Self-Care for Helpers

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The speaker has no significant financial conflicts of interest to disclose.

# Disclosures

- I have no financial disclosures.

# Learning Objectives

- Differentiate burnout, Secondary-Traumatic Stress (STS), Vicarious Trauma (VT)
- Understand risk factors for Vicarious Trauma
- Introduce Vicarious Resilience (VR)

# Is Trauma Contagious?

- DSM-IV-TR: “The person has been exposed to a traumatic event in which both of the following were present:...”
- DSM-V: “Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g. first responders collecting human remains; police officers repeatedly exposed to the details of child abuse).”

# Terminology

Burnout

STS

VT

# Vicarious Resilience

VICARIOUS RESILIENCE: “Unique, positive effects that transform therapists in response to witnessing trauma survivors’ resilience and recovery process.”

## 7 Factors

- Changes in life goals and perspective
- Client-inspired hope
- Increased recognition of clients’ spirituality as a therapeutic resource
- Increased capacity for resourcefulness
- Increased self-awareness and self-care practices
- Increased consciousness about power and privilege
- Increased capacity for remaining present during trauma narratives

# Video

<https://www.youtube.com/watch?v=Qi3MEjZBD8U&t=50s>

## SECONDARY TRAUMATIC STRESS SCALE

The following is a list of statements made by persons who have been impacted by their work with traumatized clients. Read each statement then indicate how frequently the statement was true for you in the past **seven (7) days** by circling the corresponding number next to the statement.

NOTE: "Client" is used to indicate persons with whom you have been engaged in a helping relationship. You may substitute another noun that better represents your work such as consumer, patient, recipient, etc.

	Never	Rarely	Occasionally	Often	Very Often
1. I felt emotionally numb.....	1	2	3	4	5
2. My heart started pounding when I thought about my work with clients.....	1	2	3	4	5
3. It seemed as if I was reliving the trauma(s) experienced by my client(s).....	1	2	3	4	5
4. I had trouble sleeping.....	1	2	3	4	5
5. I felt discouraged about the future.....	1	2	3	4	5
6. Reminders of my work with clients upset me.....	1	2	3	4	5
7. I had little interest in being around others.....	1	2	3	4	5
8. I felt jumpy.....	1	2	3	4	5
9. I was less active than usual.....	1	2	3	4	5
10. I thought about my work with clients when I didn't intend to.....	1	2	3	4	5
11. I had trouble concentrating.....	1	2	3	4	5
12. I avoided people, places, or things that reminded me of my work with clients.....	1	2	3	4	5
13. I had disturbing dreams about my work with clients.....	1	2	3	4	5
14. I wanted to avoid working with some clients.....	1	2	3	4	5
15. I was easily annoyed.....	1	2	3	4	5
16. I expected something bad to happen.....	1	2	3	4	5
17. I noticed gaps in my memory about client sessions.....	1	2	3	4	5

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Intrusion Subscale (add items 2, 3, 6, 10, 13)  
 Avoidance Subscale (add items 1, 5, 7, 9, 12, 14, 17)  
 Arousal Subscale (add items 4, 8, 11, 15, 16)  
 TOTAL (add Intrusion, Arousal, and Avoidance Scores)

Intrusion Score \_\_\_\_\_  
 Avoidance Score \_\_\_\_\_  
 Arousal Score \_\_\_\_\_  
 Total Score \_\_\_\_\_

Bride, B.E., Robinson, M.R., Yegidis, B., & Figley, C.R. (2004). Development and validation of the Secondary Traumatic Stress Scale. *Research on Social Work Practice, 14*, 27-35.



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