

## Agenda

- Vicarious Trauma
- PTSD
- Posttraumatic Growth
- Looking for strengths in clients
- Coping and self care



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### Vicarious Trauma

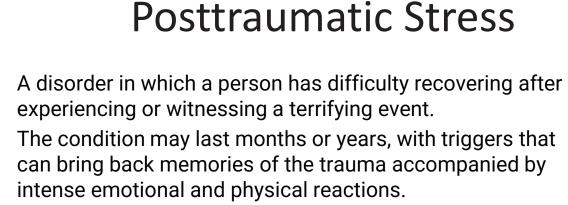
 The emotional residue of exposure to traumatic stories and experiences of others through work; witnessing fear, pain, and terror that others have experienced; a pre-occupation with horrific stories told to the professional (American Counseling Association, 2016) = Sometimes referred to as "secondary traumatization, secondary stress disorder, or insidious trauma" (ACA, 2016) = Included in the DSM-5 as part of the cluster of "trauma and stressor-related disorders" = Vicarious Trauma is not the same as "burnout"



# Impact on the Professional

 Professionals working with survivors of trauma (e.g. sexual assault) report changes to how they see the world – for example, that the world is not just or safe (Salston & Figley, 2003).
Professionals with previous trauma histories show significantly higher secondary trauma symptoms than those with no trauma histories (Folette, Polusny, & Milbeck, 1994).

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 Symptoms may include nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood.



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# Title search: Mental Health in Light of Difficult Clients and Difficult Practices (REPLAY)

First appeared as part of the conference materials for the 2023 First Friday Ethics (January 2023) session "Mental Health in Light of Difficult Clients and Difficult Practices (REPLAY)"