

Signs of Vicarious Traumatization

As a result of your work as a helping professional, what changes have you noticed in the following areas of your life and beliefs?

Frame of Reference

My identity and beliefs about myself: Who am I?

My view of and beliefs about the world: How do I see it?

My spirituality (sense of connectedness and meaning and faith): How has it changed?

My work motivation: Are my reasons for doing this work different from when I started?

Self-Capacities: My Inner Sense of Balance

How am I managing strong feelings?

Can I keep loved ones in my mind and know they care about me?

Do I feel worthwhile, deserving, and loveable?

Do I feel reasonably safe?

Do I believe my loved ones are safe?

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Am I proud of how I am?

Do I believe others deserve respect?

Do I believe I can trust my own judgment?

Do I believe I can trust or depend on others?

Do I believe I have control over my life?

Do I believe I can influence other's behavior?

Do I believe I am good company for myself?

Do I believe I can be close to others?

Changes in sensory experiences: Intrusive Imagery, Sensations

Do I experience more nightmares?

Do I have intrusive thoughts about my own or others' safety?

Do I experience intrusive images or sensory experiences?

Am I reactive to triggers connected to my clients' experiences?

Has my contentment with or response to my sexuality changed?

How have my sexual behaviors changed?

Adapted from Saakvitne, K. and Pearlman, L. (1996). Transforming the Pain: A Workbook on
Vicarious Traumatization

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Do I experience intrusive thoughts during sex?

How is my body showing stress or responding differently?

Have I noticed changes in my experience of self – such as numbing, depersonalization, hypersensitivity, or increased somatization?