



Caring Safely™ Module Three – Video One

Vicarious Trauma and Vicarious Posttraumatic Growth

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In this module

- Vicarious Trauma
- Vicarious Posttraumatic Growth
- Tools for Growth
 - Looking for the Positive
 - Gratitude for Change
 - Problem Solving Attitude
- Journaling for Growth
 - Deliberate Rumination
 - Creating a new Story
 - World View – Creating a Statement

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In this video

- Vicarious Trauma
 - ProQuol
 - Signs of Vicarious Trauma
- Vicarious Posttraumatic Growth
 - Posttraumatic Growth Inventory

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Vicarious Trauma

The transmission of traumatic stress through observation and/or hearing others' stories of traumatic events and results in a shift in your world view and sense of meaning

Similar to PTSD including:

- Intrusive thoughts
- Nightmare
- Avoidance/Arousal
- Change in relationship to self, family and friends

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Signs of Vicarious Trauma

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

- Frame of Reference
- Self Capacities: My Inner Sense of Balance
- Changes in Sensory Experiences: Intrusive Imagery, Sensations

Personalize and Integrate on Handout

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Peer accounts of Vicarious Trauma

"It's (VT) just something that you can't avoid when you work with people who have had such trauma in their lives."

"Not dreams, but I get flashbacks.... Sometimes I am at home and I just have this [bad feeling] come back."

"I would leave a client after hearing their story and just burst into tears."

"One client was talking about feeling blood on his hands and I could see the blood, in my mind, on his hands."

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Vicarious Trauma and World View

When we see all the hurtful things that one human can do to another, we can begin to see a shift in our world view. We see the negative, the fear, the danger. We may become cynical and lose hope.

"There are things that you hear that you actually go like, how can that happen to someone? How can you survive? How can you cope and keep living? You see the depression or you see the sadness, but the person keeps going and you wonder how."

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Post Traumatic Growth

"A positive psychological change that results from engaging in the struggle associated with traumatic or highly challenging circumstances."

Greater psychological and cognitive development, emotional adjustment and life awareness.

Changes in:

- self-perception
- interpersonal relationships
- life philosophy

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Vicarious Posttraumatic Growth

Self-Perception: The noticed the had become more open-minded, more tolerate, more flexible and patient. They said they had more acceptance and were less likely to be bothered by the small stuff or get "worked up".

Interpersonal relationships: Positive shifts in relationships - they noticed a deeper appreciation for family and friends and more meaningful relationships.

Philosophy of life: The workers noticed that they had a new perspective on life and a view of how the world works. Some felt that compared to their clients, they were grateful for not having as many hardships. more gratitude for what they had in their day to day lives such as warm homes, plenty to eat, safety, security and positive relationship. They had less focus on material possessions.

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Peer Accounts Vicarious Posttraumatic Growth

Your ideas about what the world is like just develops and it kind of crumbles and it grows and it blooms in all these weird ways. My understanding of our earth and people has just, you know, it just grows everyday like with every phone call, with every interaction like it's constantly growing and the understanding it constantly getting bigger.

I think we learn everyday something new and it's for us! What we learn is making us bigger, not bigger [i.e. physically bigger], but our minds or our views are broadened.

I used to be really strict and I used to be a right or wrong person, and this place has changed me 100% in that way. I try to avoid saying right or wrong, even to say that, you know, because now, I don't believe there is a right or wrong.

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Peer Accounts Vicarious Posttraumatic Growth

Its changed the values that you want, to live more simply, even if that was maybe my philosophy always [this work] probably enhances that more.

I might finish a session and I'll just send a message home to my partner about how much I care about him and for being in my life because of something that, you know, I've talked about with a client.

I appreciate everything and everybody a lot more. I appreciate things like having my family, you know, having my children here, my mother here, and just all the opportunities that we have, the freedom that we have. We have the freedom to do anything, to go anywhere.

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What Helps Promote Growth

- Clinical: Seeing growth in the people we work with
- Organizational: Clinical Supervision
- Community: Peer Support

- Tools for Posttraumatic Growth
 - Looking for the Positive and Challenging World View
 - Problem Solving Attitude
 - Journaling for Change
 - Deliberate Rumination
 - Creating a new Story
 - Gratitude for Change

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Review of Vicarious Trauma and Vicarious Posttraumatic Growth

- Vicarious Trauma
- Vicarious Posttraumatic Growth
- Tools for Growth
 - Looking for the Positive and Challenging World View
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