

Secondary Trauma

Gordon Hughes

Team Lead Employee Assistance Program

March 30, 2022

Secondary Trauma - Cognitive

Lowered Concentration
Apathy
Rigid Thinking
Perfectionism
Preoccupied with Trauma

Secondary Trauma - Emotional

Guilt

Anger

Numbness

Sadness

Helplessness

Secondary Trauma - Behavioral

Withdrawal

Sleep Disturbance

Appetite Change

Hyper-vigilance

Elevated Startle Response

Secondary Trauma - Physical

Increased Heart Rate

Difficulty Breathing

Muscle & Joint Pain

Impaired Immune System

Increased Medical Concerns

Compassion Fatigue (Vicarious Trauma)

The cost of caring. -Figley, 1982

Sufferers can exhibit symptoms such as overall decrease in experiences of pleasure, constant stress and anxiety, and a pervasive negative attitude. This can lead to detrimental effects, both professionally and personally, including a decrease in productivity, the inability to focus, and the development of new feelings of incompetence and self doubt. -Wikipedia

Compassion Fatigue (continued)

The cumulative build-up over time of:

- **Primary stress** (direct trauma experience of provider)
PLUS
- **Secondary stress** (direct witnessing of other's trauma)
PLUS
- **Vicarious traumatization** (hearing other's trauma stories)
CAN EQUAL
- **Compassion fatigue**



Prevention & Intervention Strategies

Life Balance

Relaxation Techniques

Time Management

Develop a Plan for Coping

Professional Support

Creative Expression

Learn to say “NO”

Get support

Journaling

Ask for Help

8)
NCPTS

Definition of Resilience

The ability to **withstand**, **recover**, and **grow** in the face of stressors and changing demands.

Chairman of Joint Chiefs of Staff
CJCSI 3405.01 1 Sep 2011

Factors Associated with Resilience

Factor	Enhances	Detracts
Hardiness	Commitment, control, challenge	Indecision, perceived lack of control
Self-enhancement	Positive self-bias/view	Low self-esteem
Cognitive appraisals	Harm/threat assessment and controllability, optimism	Overwhelmed by task, insecurity
Coping styles	Adaptive/flexible, make plans, self-control, proactive	Avoidant, confrontational

Attributes of Resilient Communities

- Connectedness, commitment, and shared values
- Participation
- Support and nurturance
- Structure, roles, and responsibilities
- Resources
- Critical reflection and skill building
- Communication
- Disaster management



B. Pfefferbaum et al. (2007) and R. L. Pfefferbaum et al. (2008)

The Road to Resilience

- Make connections
- Avoid seeing crisis as insurmountable problem
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself



<http://www.apa.org/helpcenter/road-resilience.aspx>

Exercise is Our Friend

- Positive impact on resting heart rate, blood pressure, cholesterol, cardiorespiratory function
- ↑ Increase energy expenditure → can lead to weight loss or maintenance
- Improves fitness
- ↓ Lowers risk of cardiovascular disease and stroke
- ↑ Increases energy levels
- Improves sleep habits
- ↑ Improves mood - endorphins are FREE

Self-Care

When should self-care begin? How important is it?

Does taking time for yourself detract from your work?

NO—IT IS ABSOLUTELY ESSENTIAL!!!

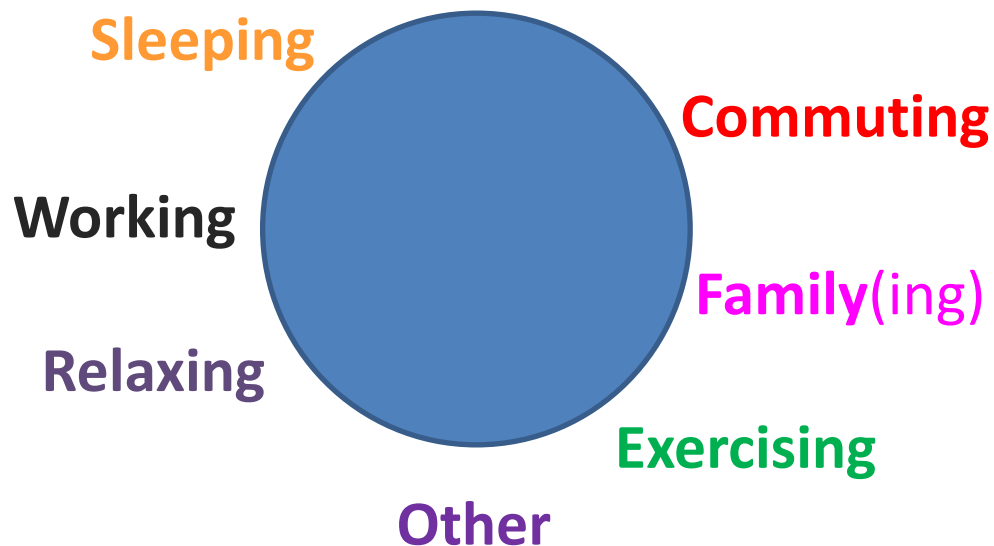
- **Physical:** nutrition, exercise, sports, sleep, reduce caffeine
- **Emotional:** family, friends, social support, relaxation, music
- **Cognitive:** training, reading, perspective, expectations
- **Behavioral:** personal/family preparedness, civic involvement
- **Spiritual:** meditate, pray, fellowship, volunteer, Tai Chi

<https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/?li_source=LI&li_medium=popular17

Is Your Work/Life Balanced?

What percent of your day is devoted to:



Sample of Online Resources

https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fhealth%2Findex.html

<http://www.apa.org/helpcenter/manage-stress.aspx>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

<https://www.helpguide.org/articles/stress/stress-management.htm>

<http://www.compassionfatigue.org/pages/reading.html>

<http://scrubsmag.com/you-can-cope-with-compassion-fatigue/>

[https://www.samhsa.gov/samhsaNewsLetter/Volume 22 Number 2/preventing suicide/preventing compassion fatigue.html](https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/preventing_suicide/preventing_compassion_fatigue.html)

<https://www.forbes.com/sites/vanessaloder/2015/01/30/how-to-prevent-burnout-13-signs-youre-on-the-edge/#7c848f1a4e3d>

<https://www.psychologytoday.com/blog/pressure-proof/201306/7-strategies-prevent-burnout>

<https://psychcentral.com/blog/archives/2012/04/30/5-ways-to-prevent-job-burnout/>

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Questions & Comments?

EAP@cdc.gov

<http://intranet.cdc.gov/wellness>