

# Agenda

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



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## Vicarious Trauma

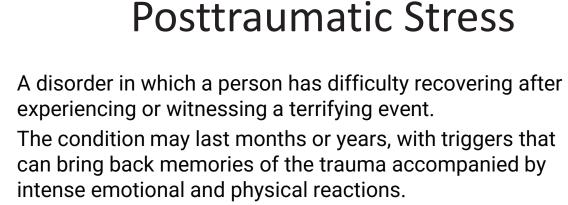
 The emotional residue of exposure to traumatic stories and experiences of others through work; witnessing fear, pain, and terror that others have experienced; a pre-occupation with horrific stories told to the professional (American Counseling Association, 2016) = Sometimes referred to as "secondary 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: Preserving Your Mental Health While Working With Difficult Clients In Difficult Situations

Also available as part of the eCourse <u>Difficult Clients and Our Difficult Practice: Ethical and Mental Health</u> <u>Considerations</u>

First appeared as part of the conference materials for the 46<sup>th</sup> Annual Conference on Immigration and Nationality Law session "Mental Health in Light of Difficult Clients and Difficult Practices"