

Transforming Trauma: How to do this Work & Not Completely Lose Our Minds

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Trauma Treatment & Training

Trauma-Informed System of Care

- Train Staff, Across All Functions, Current Brain Research and Impact of Childhood Trauma: Clients, Families and Staff.
- Assist Organizations/Programs, Evaluate P&P's, Best Practices, and Facilities, T-I.
- Recognize Implications of Current T-I Research, on Staff, and Importance of Individual and Org, Wellness/ Self Care.

TRAINING GOALS

Expand Understanding and **Impact** of:

- Compassion Fatigue
- Vicarious Trauma
- Secondary Traumatic Stress
- Burnout

TRAINING GOALS Continued

- **Validate** Difficulty of Work We Do.
- **Integrate** the Four Steps to Wellness
- Recognize **Connection** to Quality of Work and Sustainability
- Be **Inspired** to Take Action.

Self Care and Wellness Goals

- Implement **Guilt-free Self Care Practices.**
- Understand **Cost of Caring** and Take Charge of **Wellbeing.**
- Be **Present** with pain, distress, trauma, express **Empathy,** without “taking on” experiences.

SELF CARE

The greatest gift you can give to somebody is your own personal development.

I used to say, 'If you will take care of me, I will take care of you.'

Now I say, 'I will take care of me for you, if you will take care of you for me.'

— Jim Rohn



WHY DO YOU This Work?

- Care and Compassion
- Relate and Want to Make a Difference
- Pay It Forward

OCUPATIONAL HAZARDS

- Compassion Fatigue
- Vicarious/ Secondary Trauma
- Trauma Exposure Response
- Burnout

Wellness Responsibility

- We can only take someone, as far as we have gone, and continue to go.
- Responsible Living: Health and Wellness as Client Treatment Goals... Modeling
- Quality of Life and Organization Matters
- Trauma Stewardship; Caring For Self While Caring for Others

Trauma Stewardship

- Engage Oppression and Trauma- Caring for, Tending to, and Responsibly Guiding Others Who Are Struggling.
- Not Internalizing Other's Struggles nor Assuming them as Our Own.
- **Goal:** Trauma Stewardship; Caring For Self While Caring for Others

Understanding the Cost of Caring

- **Compassion Fatigue (CF):**

Profound emotional and physical exhaustion that helping professional's, often develop, over time.

Our Empathy

Our Hope

Our Caring/Compassion, Others and SELF

COMPASSION

- Boundaries
- Accountability
- Acceptance

- Barriers to Compassion

SWEET ON THE OUTSIDE, Yet...

- Appropriate Boundaries, Hold All Accountable, and Acceptance of Self and Others equals:
 - More Genuine Compassionate
 - Less Angry
 - Less Judgmental
 - Less Resentful

Vicarious and Secondary Trauma (VT)

- Cumulative Process
- Repeated Exposure to Traumatic Material
- May Change Our World View
 - Increasingly Numb
 - Profound Sadness and Anger
 - Feel Overwhelmed and Impotent

BURNOUT

- Low Job Satisfaction
- Feel Powerless and Depleted
- Overwhelmed and Frustrated
- Resiliency and Recovery Compromised
- Not Necessarily CF or VT
- Cynicism
- Compromised Care

PRIMARY Trauma

- Helping Professional's, exposed to two kinds of **Primary Trauma:**
 - Our Own Trauma Experiences, 60% Trauma HX
 - Occurs in the “Line of Duty”, Dealing with Client's Learned Coping Method's, Re-traumatization
 - Living in the World; Much Pain and Hurt; Higher Awareness and “Should” Help.

SECONDARY TRAUMA

- Client Coping Behaviors
- Counseling or Support Service Provision
- Case Files/Colleague Debriefing
- Toxic Work Environment
- Movies, News, Events

CHALLENGES

- Change your Work Environment in Some Way
- Take Responsibility for What You Can Change
- Small Improvement in Self Care/Wellness
 - Calm the Chaos
 - Move Your Body
 - Eat and Drink Good Stuff
 - Enjoy Me/We Time and ACTIVITIES
 - Choose HAPPY

WARNING SIGNS

- INDIVIDUAL, What Are YOURS?
- Continuum
 - Green
 - Yellow
 - Red
 - Early Identification Best, Prevention?

Physical Sign's of CF and VT

- Exhaustion
- Sleep too Much or Too Little
- Headaches or Migraines
- Get Sick More Often
- Stress Related Physical Symptoms; Cost of Hidden Stress, the Body Keeps Score
- Hypochondriasis

BEHAVIORAL SIGN'S

Increase in :

- AOD, Food, other “Addictions”
- Anger and Irritability
- Relationship Problems
- Forgetfulness
- Exaggerated Sense of Responsibility, or Lack of
- Compromised Care/Avoidance

PSYCHOLOGICAL Sign's

- Distancing
- Emotional Exhaustion
- Reduced Empathy and Sympathy
- Depression
- Cynicism, Resentment or Embitterment
- Negative Self Image
- Dread and Diminished Job Satisfaction

A SPIRE

ACTION



A SPIRE

- **Action:** Must Implement and Maintain Change (Baby Steps)
- **Spiritual Well-being:** Leading a meaningful and moral life and living mindfully, while contributing to the greater good.
- **Physical Well-being:** Cultivating a healthy body through exercise, nutrition, and adequate rest and recovery.

A SPIRE Continued

- **Intellectual Well-being:** Acquiring knowledge, engaging in rigorous scholarship, cultivating creativity, and fostering the love of learning.
- **Relational Wellbeing:** Contributing to and Benefitting from Community.
- **Emotional Wellbeing:** Developing Resilience and Enjoying Positive Feelings and Experiences.

CHALLENGE

- **Do** Something Small/**Different** in Each Area:
 - Spirit/Spiritual
 - Physical
 - Intellectual
 - Relational
 - Emotional

Daily Habits for Wellbeing

- **Keep a gratitude journal.**
 - *“Rick Hanson says our brain is ‘Velcro for the bad and Teflon for the good’, so every night in your gratitude journal write down what went well, what you’re grateful for.*
 - *Simple advice, something your grandmother would give, but its good solid advice.”*

Daily Habits Continued

- **Know *and* play to your strengths**
 - *“Another thing I like to do is to do some ‘strength spotting’. A very powerful way to look at yourself and others is through the lens of character strengths. An organization called [Via](#) offers a free character strengths assessment online.*

Wellness Daily Habits Con't

- Awareness
- Mindfulness
- Intentionality
- Belief in Change
- Open Up Lens of Assertive CHOICES
- Action, Engaged, Curious

Resources and Credit

- **Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma.** Francoise Mathieu, 2012
- **The Gifts of Imperfection Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.** Brene Brown, 2010
- **Trauma Stewardship Every Day Guide to Caring for Self While Caring for Others.** Laura van Dernoot, with Connie Burke, 2009.
- **The Resilient Clinician.** Robert Wicks, 2008

THANKS

- Hope You Learned
- Wish You Growth
- You Do Good Work and Make a Difference

- Please Fill Out Evaluation
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