

Vicarious Trauma

INFORMATION SHEET



Anyone who engages empathetically with survivors of traumatic incidents is potentially affected, including any frontline staff working with vulnerable people, as well as healthcare, fire brigade and the police.

Signs of Vicarious Trauma (Klinic 2013)

Feeling hopeless and helpless

A sense you cannot do enough

Hypervigilance

Diminished creativity

Inability to embrace complexity

Minimizing

Chronic exhaustion

Avoidance

Inability to listen

Dissociative moments

Sense of persecution

Guilt

Fear

Anger & cynicism

Inability to empathize

Grandiosity

Addictions

How can we limit this affecting us?



Think about how you look after your wellbeing



Work smart: take your breaks and do not take work home with you



Use reflective practice



Remember: You are human. There is only so much you can do