

VICARIOUS TRAUMA AND ITS PATH TO RESILIENCY

Presented by Bina Parekh, PhD



PRESENTATION HIGHLIGHTS

- Vicarious trauma is a profound shift in one's inner experience resulting from empathetic engagement with other's trauma; it is the cumulative result of secondary trauma, compassion fatigue, and burnout
- Anyone who provides care to others in distress can be affected
- Signs of vicarious trauma include feelings of resentment, despair, anxiety, numbness, and/or intense emotion
- Appropriate responses to vicarious trauma include acceptance, balance and connection to achieve resiliency

100%
of attendees agreed

They are better able to describe vicarious trauma and recognize its risk factors and symptoms

They now recognize the ways vicarious trauma might affect them as part of their work

They feel able to use the strategies outlined to increase their resilience to vicarious trauma and learn to grow from it

90%

of the nurses, social workers, program coordinators and directors rated the speaker and the presentation as

Excellent