Who’s Taking Care of You?
Secondary Trauma and Self-Care

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Disclaimer

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The National Family Support Technical Assistance Center of Excellence (COE) Grant #1H79F6000160-Fam-CoE is funded by SAMHSA.
Know Yourself

• Fixer
• Fighter
• Soother
• Seeker
• Adapter
• “Ride it out”
• All or several of these

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Positive Stress

Tolerable Stress

Toxic Stress ➔ Trauma
Loss

“Being deprived of someone or something of value to you”

• Because it leaves you
• Because it is taken from you
• Often unanticipated
• Seemingly unrecoverable
Stages of Grief*

• Shock and Denial
• Anger, Guilt and Shame
• Rationalizing or Bargaining
• Sadness, Depression or Despair
• Acceptance/Integration
• Meaning

*As defined by Kubler-Ross and Kessler
Types of Grief

Many types of grief, but for this webinar we will focus on 4:

• “Normal” grief
• Ambiguous or disenfranchised grief
• Anticipatory grief
• Collective grief
Toxic Stress = Trauma

- Shell Shock
- Battle Fatigue
- Racial Battle Fatigue
- PTSD
- PTSS

(Artwork, Keith Negley, 2013, 2008)
Trauma Exposure: Who Experiences Trauma?

- Adults
- Families/Communities
- Children
- Across Generations

Image Credits: ProSymbols, Gina Rafaella Fumari, Mugdha Damle, Marie Van den Broeck … from the Noun Project

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Trauma Exposure: Kinds of Trauma

- Acute
- Complex
- Secondary/Vicarious
- Historic/Multi-generational
- Chronic
- Race-Based Trauma
Secondary Trauma

Frequent or continuous exposure to other people’s trauma

“It’s not the 1 you can’t forget, it’s the 100 you can’t even remember.”

– Brandi Lea
## Multiple Related Terms

<table>
<thead>
<tr>
<th>Challenges</th>
<th>Strengths</th>
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<tbody>
<tr>
<td>• Burnout</td>
<td>• Empathy</td>
</tr>
<tr>
<td>• Vicarious trauma</td>
<td>• Compassion satisfaction</td>
</tr>
<tr>
<td>• Compassion fatigue</td>
<td>• Resilience and vicarious resilience</td>
</tr>
<tr>
<td>• Secondary traumatic stress (STS)</td>
<td>• Post-traumatic growth</td>
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Thoughts

Feelings:

Body

Emotions

Behavior

Stress, Anxiety, Grief, Loss & Trauma Influences

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Survival Responses of Brain, Body, Emotions and Behaviors

• Fight
• Flight
• Freeze
• Flock
• Flap/Frenzy
• Fawn
• Fatigue
Behaviors Linked to Trauma Triggers (Trauma Responses)

<table>
<thead>
<tr>
<th>Trauma Response</th>
<th>Behaviors</th>
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<tbody>
<tr>
<td>Fight</td>
<td>Arguing, Refusal to do a task, Yelling, Punching something, Advocacy, Protest</td>
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<tr>
<td>Flight</td>
<td>Leaving the Room, Skipping a Meeting, Lying</td>
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<tr>
<td>Freeze</td>
<td>Crying, Isolating, Shutting down, Checking out</td>
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<tr>
<td>Flock</td>
<td>Gathering at scene of trauma, Urgent need to “get home,” Ask for help</td>
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<tr>
<td>Flap/Frenzy</td>
<td>Unfocused energy, Incessant talking, Repetitive tasks, OCD-like actions</td>
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<tr>
<td>Fawn</td>
<td>Pleasing, Can’t say no, Co-dependent</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Emotional and Social withdrawal, Apathy, Don’t care</td>
</tr>
</tbody>
</table>
Symptoms come in 3 clusters*

Personal Impact of STS Across all Domains

- Cognitive
- Emotional
- Behavioral
- Spiritual
- Interpersonal
- Physical
STS impacts helping professionals and caregivers in many ways in our jobs as well

- Professional functioning
  - Performance of tasks
  - Morale
  - Interpersonal relationships
  - Work-related Behaviors

- Critical thinking and application of knowledge
  - Reduced perspective
  - Difficulty recognizing true safety issues or emergencies
  - Difficulty prioritizing
Three Tools for Self-assessment

• The Professional Quality of Life Scale (ProQOL) - www.proqol.org
• Secondary Traumatic Stress Scale (STSS) https://www.naadac.org/assets/2416/sharon_foley_ac15_militarycultureho2.pdf
Moving toward Resilience and Post Traumatic Growth

Positive change experienced as a result of the struggle with a major life crisis or a traumatic event, characterized by positive/transformative responses in 5 areas:

- Appreciation of life
- Relationships with others
- New possibilities in life
- Personal strength
- Spiritual change

Richard Tedeschi, PhD, and Lawrence Calhoun, PhD, *Journal of Traumatic Stress*, 1996
Resilience

The ability to thrive, mature, and increase competence in the face of adverse circumstances by drawing upon all of one’s resources:

- Biological/physical
- Psychological
- Spiritual
- Relational/social
- Environmental
What is Resilience?

“Did you hear about the rose that grew from a crack in the concrete? Proving nature's laws wrong, it learned to walk without having feet. Funny, it seems to by keeping its dreams; it learned to breathe fresh air. Long live the rose that grew from concrete when no one else even cared.”

- Tupac Shakur
ABCs of Secondary Trauma, Self-care and Reflective Supervision

Awareness

Balance

Connection
Seek balance between those rough feelings and the brighter ones.

Give yourself and others both grace and space.
Using the Daily Questions to Guide Self-Reflection and Care for Others
Morning Questions for Reflection

**ONE** goal for the day?

**ONE** person I can turn to for support today?

**ONE** person I will reach out to and connect with today?
We are hardwired to connect with others, it’s what gives purpose and meaning to our lives, and without it there is suffering.

Brené Brown
Questions for Reflection at Lunchtime

ONE way I will nourish & move my body?

ONE way I will nourish my spirit?

ONE way I will nourish my mind?
A Reflective Question for “Tea Time”

What is **ONE** thing of beauty that I have seen, heard or created today?

Then **share** it!
Get Grounded: The Earth is Strong Enough to Hold Me Up
3 Reflective Questions for Dinner Time

**ONE** thing I learned today?

**ONE** success I had today?

**ONE** thing that made me smile or laugh?
End Well and Start Anew Each Day
3 Reflective Questions for Bedtime

**ONE** worry I can let go of?

**ONE** thing I am grateful for?

**ONE** thing I am looking forward to tomorrow?
WRAP UP: 3 Self-Care Strategies

- **Hold space** for and acknowledge the hard feelings
- **Simplify** - but don’t neglect - your self-care plan
  - Remember the power of **ONE**
  - Focus on the **basics**: nourish, hydrate, sleep
- **Connect** every day
Follow Up and Next Steps

In our follow up email, within 3 – 5 business days, look for:

- A link to the recording of today’s presentation
- Today’s presentation slides
- Invitations to upcoming events
- Additional resources
- Ways to stay connected with us
- A letter of participation will also be emailed to you within 3 – 5 business days

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