



**CASW**

Canadian Association of  
Social Workers

**ACTS**

Association canadienne  
des travailleuses et travailleurs sociaux

# Vicarious Trauma

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Vicarious trauma  
is a process through which a  
worker's inner experience is  
negatively transformed through  
empathic engagement with  
trauma material.

# Vicarious Trauma is:

- Normal
- Inevitable
- Cumulative
- Permanent



# 1. Frame of Reference

Identity - World View - Spirituality

# 2. Self Capacities

# 3. Ego Resources

# 4. Psychological Needs

# 5. Sensory Systems

# Primary Concepts in All Strategies

- Awareness
- Balance
- Connection

# Strategies to decrease the effect of vicarious trauma include:

- Personal strategies
- Professional strategies
- Organizational or team strategies



# Assess the quality of the relationship we have with ourselves:

- ✓ Where are we on our priority list?
- ✓ How do we respond to our own needs?
- ✓ How do we respond to our own feelings?
- ✓ How do we talk to ourselves?
- ✓ Do we carve out quality time with ourselves?



# Nurture all aspects of self:

## ➤ Physical:

- Immune system
- Sleep deprivation
- Fight/Flight/Freeze response

## ➤ Emotional

- Engaging with feelings
- Connection with others
- Play/fun

# Nurture all aspects of self:

## ➤ Spiritual:

- Meaning/Purpose
- Connection with self  
/others/the world

## ➤ Emotional

- Creating and maintaining a broad engagement with the world.

- Expectations
  - self-talk
  - world view
  
- Awareness
  - exposure
  - life enhancing events
  
- Engage fully in our lives



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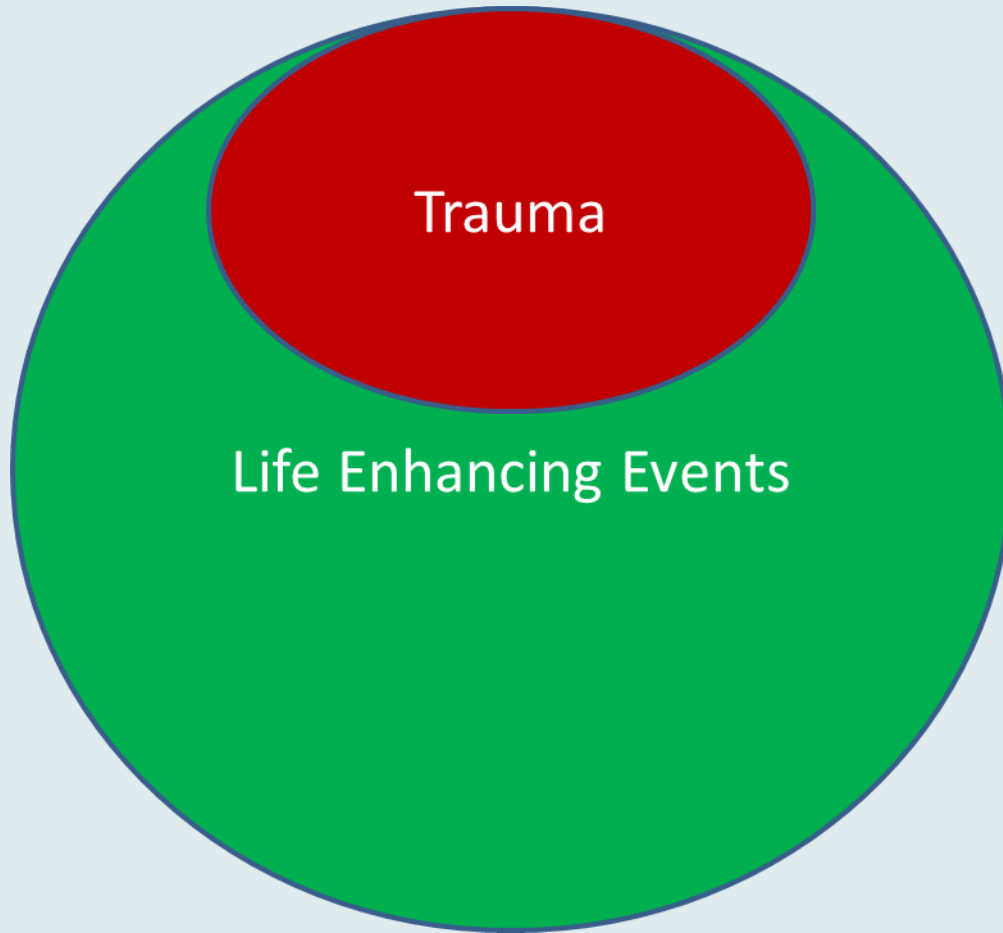
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# World View



# Vicarious Trauma

## Question and Answer Session

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# CASW Special Thanks

**Pamela Jackson, MSW, RSW**

**CASW Appreciates your  
expertise and dedication to our  
Profession**

**Thank You all for your Participation.**



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