

Resources for Addressing Vicarious Trauma

The New York State Trauma Champions Collaborative (TCC), comprised of champions from fifteen state agencies, was convened in 2019 to begin building statewide capacity and structures that support state and local government and professional agencies in integrating a trauma-informed approach into all aspects of their work. The TCC has compiled the following resources to support organizational work to address Vicarious Trauma.

	Title	Brief Description
<u>APPs</u>	Mindfulness Coach App 2	App is geared towards Veterans and Service Members. It provides a gradual, self-guided training program designed to help understand and adopt mindfulness practices.
	The Calm App	This app is geared towards self-care. It's filled with hundreds of different meditation practices as well as sleep stories.
	Headspace App	New Yorkers can visit this app for free guided meditations, animations, articles and videos.
<u>Articles</u>	Measuring Symptoms of Moral Injury in Veterans and Active Duty Military with PTSD	This article describes a 45-item measure of moral injury (MI) symptoms designed to use with Veterans and Active Duty Military with PTSD..
	Helping Till It Hurts? A Multimethod Study of Compassion Fatigue, Burnout, and Self-Care in Clinicians Working With Trauma Survivors	This multimethod study focuses on therapists' stress and coping in their work with trauma survivors, identifying factors related to resilience and burnout.
	Vicarious Resilience: A New Concept in Work With Those Who Survive Trauma	This study explores the formulation of a new concept: vicarious resilience.
	Compassion Fatigue and Burnout: History, Definitions and Assessment	This article focuses on factors in the work environment which contribute to burnout with a description of burnout, compassion fatigue, secondary traumatic stress.

Assessments

Title	Brief Description
Vicarious Trauma and Resilience Self-Assessment Questions	This quiz for Mental Health Professionals working with trauma survivors is a questionnaire that provides information about countertransference, resilience and self-care.
Professional Quality of Life Measure	This website provides information and access to the Professional Quality of Life Measure the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue.
The Secondary Traumatic Stress Informed Organization Assessment Tool (STSI-OA)	The STSI-OA is an assessment tool that can be used by organizational representatives at any level to evaluate the degree to which their organization is STS-informed, and able to respond to the impact of secondary traumatic stress in the workplace.

Books

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others	This book authored by Laura van Dernoot Lipsky is written for anyone who is doing work with an intention to make the world more sustainable and hopeful—all in all, a better place—and who, through this work, is exposed to the hardship, pain, crisis, trauma, or suffering of other living beings or the planet itself.
The Body Keeps the Score	This book by Dr. Bessel van der Kolk explores “the extreme disconnection from the body that so many people with histories of trauma and neglect experience” and the most fertile paths to recovery.
Secondary Traumatic Stress: Self-Care Issues for Clinicians, Researchers & Educators	This book edited by B. Hudnall Stamm, Ph.D. reflects the current state of knowledge about secondary traumatization, and, in a personal way explores our ethical obligations to each other, to our communities, and to future trauma research.

Title

Brief Description

Books

The Age of Overwhelm:
Strategies for the Long Haul

In this book Laura van Dernoot Lipsky offers concrete strategies to help us mitigate harm, cultivate our ability to be decent and equitable, and act with integrity.

Post Traumatic Slave Syndrome:
America's Legacy of Enduring
Injury and Healing

In this book, Dr. Joy Angela DeGruy lays the groundwork for understanding how the past has influenced the present, and opens up the discussion of how we can use the strengths we have gained to heal.

The Racial Healing Handbook: Practical
Activities to Help You Challenge
Privilege, Confront Systematic Racism,
and Engage in Collective Healing

A powerful and practical guide written by Dr. Anneliese Singh to help you navigate racism, challenge privilege, manage stress and trauma, and begin to heal.

Courses

Headington Institute

The Headington Institute offer on-line courses which address stress and resilience.

Secondary Traumatic Stress Understanding
the Impact of Trauma Work

This series, developed by the NCTSN, addresses the complex impact of secondary traumatic stress, vicarious trauma, compassion fatigue, and burnout. Prevention and intervention strategies are addressed at various levels within an organization. The webinars are intended for frontline workers, administrators, disaster response workers, mental health providers, child welfare workers, supervisors, teachers, and a general audience.

Working with Trauma Survivors
Countertransference and
Compassion Fatigue

This NetCE course is designed to expand health and mental health professionals' abilities to identify and understand countertransference reactions common in work with trauma survivors and the causes and signs of compassion fatigue (including burnout and vicarious or secondary trauma) and the factors contributing to vicarious resilience.

Title

Brief Description

Film

Portraits of Professional Caregivers:
Their Passion, Their Pain

Their Pain, a documentary film based on interviews with professional care providers, asks the questions: How are professional caregivers and first responders affected emotionally and physically? Who helps them?

PDFs

Secondary Traumatic Stress: A Fact
Sheet for Organizations Employing
Community Violence Workers

A fact sheet specific to organizations that employ Community Violence Workers with a concise summary of risks and of protective strategies.

Trauma Exposure Wheel

This handout is a good illustration which can be used in combination with another resource.

Moral injury: What it is and How to Recover

This blog written by the President and Cofounder of the Headington Institute describes moral injury and strategies for healing.

Strengthening Your Resilience: Take Care
of Yourself as You Care for Others

A National Child Traumatic Stress Network publication for Juvenile Justice providers.

Powerpoint Presentation

Introduction to Vicarious Trauma for
Victim Service Professionals

This one-hour Powerpoint Presentation provides an overview of vicarious trauma.

Ted Talks

Drawing in Empathy - Amy Cunningham

Defines compassion fatigue and looks at compassion fatigue in helping professions and addresses the importance of self-care.

Title

Brief Description

Ted Talks

[Beyond the Cliff](#)

Laura van Dernoot Lipsky of The Trauma Stewardship Institute, speaks on the cumulative toll that occurs when we are exposed to the suffering, hardship and crisis and trauma of others.

[Ted Talks for When You Feel Totally Burned Out](#)

Currated by Experts - Worn out? Exhausted? Bleary-eyed? If you need a little something to ease your frustration and get you back in the spirit, this collection of talks should help.

Tool Kits

[Vicarious Trauma Tool Kit](#)

This provides an introduction to the Vicarious Trauma Tool Kit from the National Office for Victims of Crime which can be useful to all direct care staff. It includes tools for specific occupations such as EMS, Fire Services, and Law Enforcement.

[Vicarious Trauma Tool Kit Introduction](#)

The Vicarious Trauma Toolkit (VTT) was developed on the premise that exposure to the traumatic experiences of other people—known as vicarious trauma—is an inevitable occupational challenge for the fields of victim services, emergency medical services, fire services, law enforcement, and other allied professionals; however, organizations can mitigate the potentially negative effects of trauma exposure by becoming vicarious trauma-informed.

[University of Buffalo School of Social Work Self Care Starter Kit](#)

Self Starter Kit - The resources in these pages are appropriate for both students in training and for professionals already working in the field. Developed for Social Work students, the resources are good across professional disciplines.

Title

Brief Description

Training

[Risking Connection](#)

Risking Connection® training teaches a relational framework and skills for working with survivors of traumatic experiences. The focus is on relationship as healing, and on self-care for service providers.

Videos

[Addressing Vicarious Trauma in Victim Service Professionals](#)

Two minute video produced by Office of Victim Services addresses how vicarious trauma impacts how we see the world and erodes our ability to be present.

[Transforming Vicarious Trauma](#)
[Headington Institute](#)

A 5 minute video that provides a definition of vicarious transformation and strategies for doing that.

[What is Vicarious Trauma](#)
[Headington Institute](#)

A 3 minute video that defines and addresses vicarious trauma.

[Moral Injury in Child Protection Workers](#)

This video features the perspectives of three frontline social workers and addresses how moral injury happens, what moral injury feels like, and how to cope with moral injury.

Webinars

[Trauma and Resilience Oriented Healing](#)

This webinar was presented by The Joint Commission and the National Council for Behavioral Health. Experts discuss evidence-based and best practices which can be implemented immediately. Effective strategies are presented to support both individuals and organizations.

[Making the Case for High Functioning Team Based Care in the Community Behavioral Health Setting](#)

Center of Excellence for Integrated Health care webinar

Website

Title	Brief Description
TEND Academy	TEND offers resources and training to address the complex needs of high stress, trauma-exposed workplaces.
The Sanctuary Model: an Evidence-supported, Trauma-informed Whole System Organizational Change Process	Provides a concise description of vicarious trauma, addresses both risk factors and resilience/self-protection and also recognizes that there are organizational factors as well as individual factors that contribute to development of VT.
Sidran Institute Traumatic Stress Education and Advocacy	Provides resources and training related to vicarious trauma.
Mind Resilience	The Mind Resilience website is the product of the Behavioral Health Administration of Maryland and provides resources for a better understanding of how to recognize and promote resilience and well-being in your own life.