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arizona coalition
for military families





Clinical Practice & Skills

Session 3

From Vicarious Trauma to
Resilience



Facilitators



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Managing Vicarious Trauma as a Provider

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From Vicarious Trauma to Resilience

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Nicole Perkins, MA, ATC-L, CPT, CNC

Content Warning

Some of the content and language in this presentation may evoke difficult emotions and responses. If you need a break, please feel free to step outside and let the team know if you need assistance.

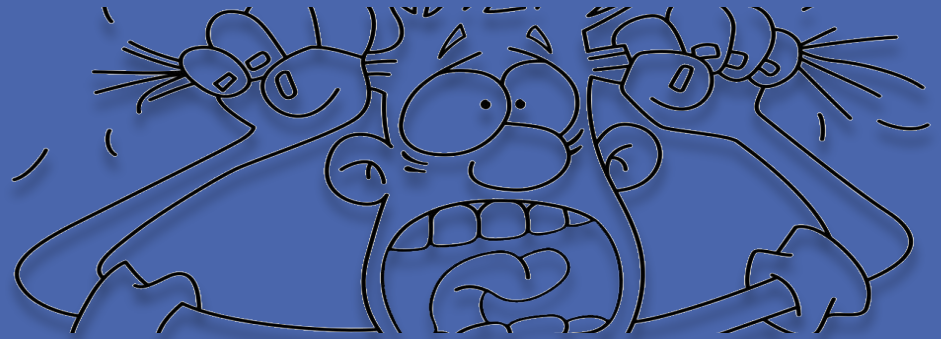


Performance Objectives

By the end of this presentation, you should be able to:

1. Recognize how working within a military mental health and wellness can impact you
2. Define the different types of stress, direct and indirect trauma experiences, and burnout
3. Identify strategies that enhance both personal and professional resilience

Part 1: Defining Stress



Why Are We Here?

U.S. Marine Corps Veteran
and former First Responder:
Travis Howze

*Content warning: This video contains
graphic language*



DEFINITIONS PHRASES TAG
TERMS DESCRIPTIONS **TERMINOLOGY** GLOSSARY
VERNACULAR NAMES WORDS
LABELS

1. Optimum or Good Stress
2. Cumulative or Chronic Stress
3. Critical or Acute Stress
4. Traumatic or Complex Stress

Cumulative Stressors

Understaffing/Excessive Workload

Role Ambiguity

Suffering Clients and their Needs

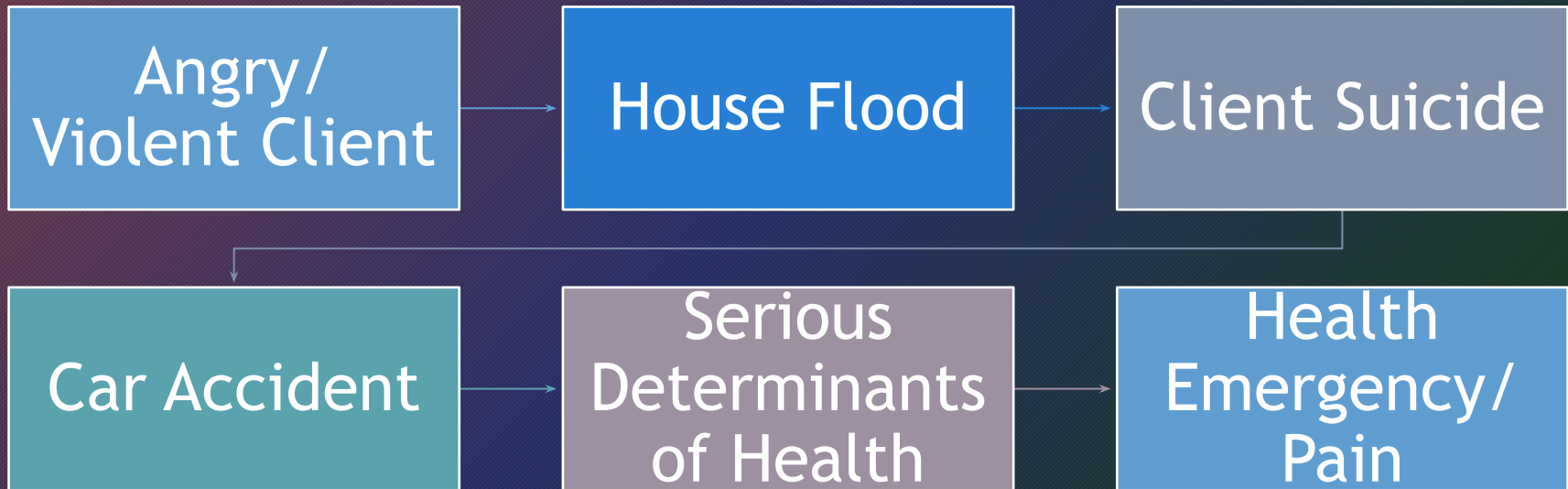
Internal and External Work Changes

Financial/Household Issues

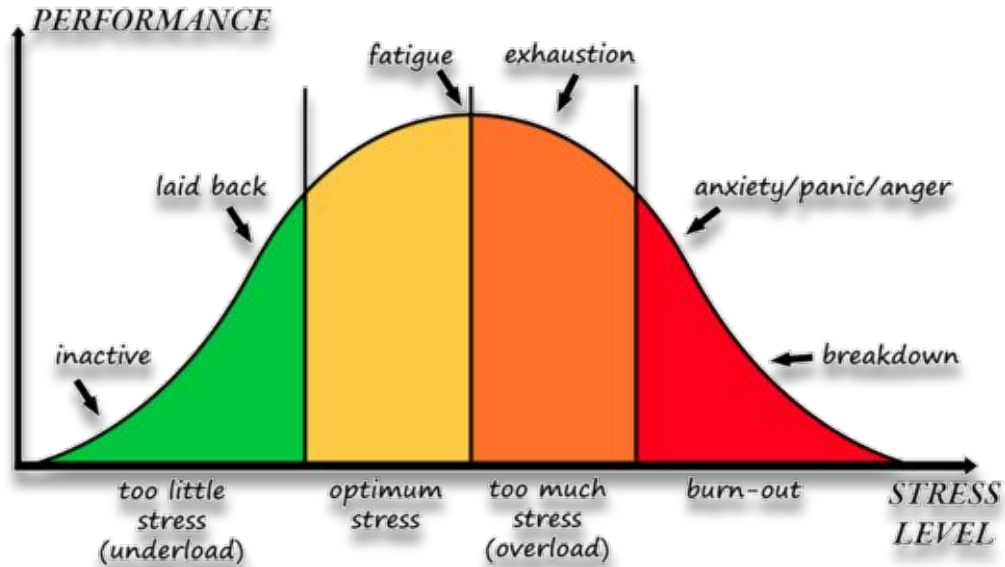
Preventative Physical Health

Balancing Family Demands

Critical Incident Stressors



STRESS CURVE



Stress Curve

Stress Zones

Stress Continuum

GREEN ZONE: Ready

No crisis and stress is manageable.

EXAMPLES:

Physically fit, mentally well, managing family, work, school, etc.

Access prevention and resilience resources

YELLOW ZONE: Stress Reaction

Increased signs of distress.

EXAMPLES:

Trouble sleeping, irritable, apathy, using substances, relationship stress

Access family/social supports & resources

ORANGE ZONE: Stress Injury

Urgent situation requiring support.

EXAMPLES:

Panic attacks, suicidal thoughts, rage, self-harm, heavy use of substances

Access more intensive services and resources

RED ZONE: Stress Illness

Immediate danger or threat to life.

EXAMPLES:

Actively suicidal (danger to self), violent (danger to others)

Access 9-1-1 and crisis resources

This video is part of a series presented in partnership by Terros Health, the Arizona Department of Veterans' Services and the Arizona Coalition for Military Families.

Part 2: Consequences of Work-Related Stress

Work-Related Trauma Exposure



DIRECT exposure

Angry/Violent Client

Suicide Call

Can lead to critical and traumatic stress



INDIRECT exposure

Hearing about combat experiences

Working with a homeless or nearly evicted veteran

Can lead to cumulative stress, but also lead to critical and traumatic stress

What Makes an Event Traumatic?

It involves a threat—real or perceived—to one's physical or emotional well-being

Previous lived experiences

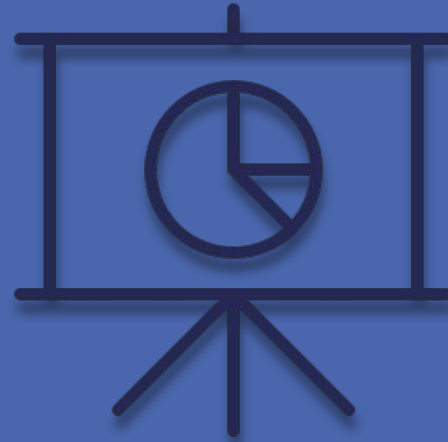
It is overwhelming

It results in intense feelings of fear and lack of control

It leaves one feeling helpless

It changes the way a person understands the world, themselves, and others

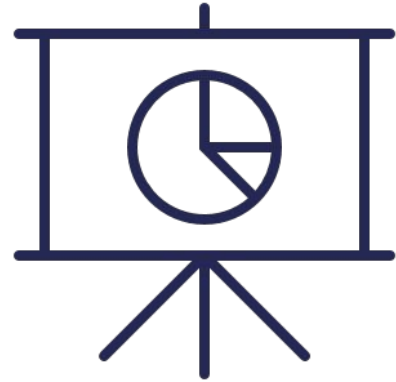
Activity: Personal Stress



Relational:

Withdrawn, decreased
interest in intimacy,
isolation, anger or
blaming, intolerant, and
mistrustful.

Activity: Professional Stress



Examples of
Stress:
Professional

Performance:

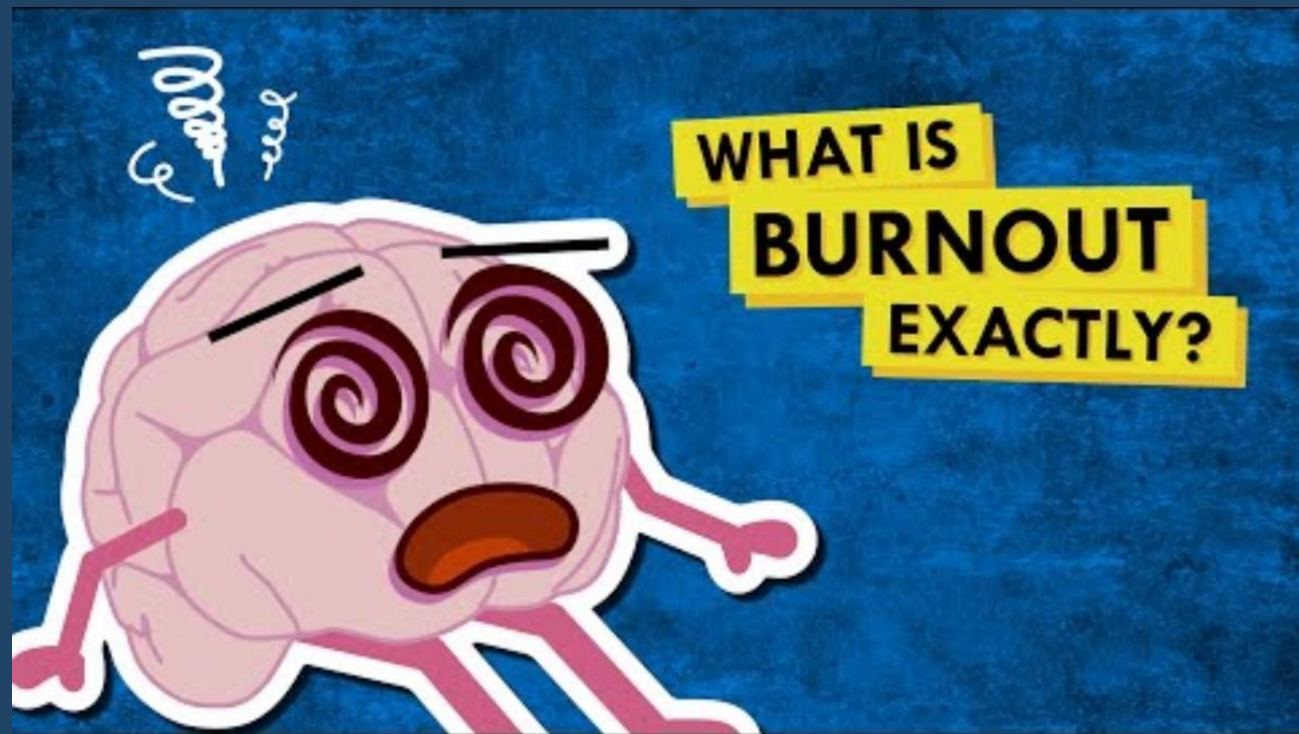
Behavioral:

Absenteeism,
presenteeism,
tardy, poor
attitude,
irresponsible, and
poor
follow-through.

forgetfulness.

What
About
Burnout?





WHAT IS
BURNOUT
EXACTLY?

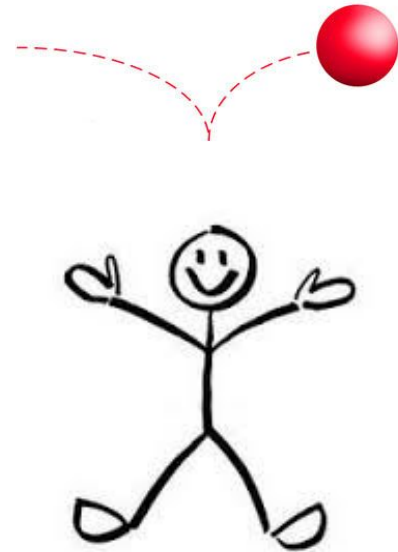
Part 3: Moving to Resilience

What is Resilience?

- Resilience is the process of **adapting** well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress, such as family and relationship problems, serious health problems, or workplace and financial stressors.
- It means “bouncing back” from difficult experiences.

(American Psychological Association)

Resilience



Styles Underpinning Resilience

Tolerance

Self acceptance

Self belief

Humour

Perspective

Curiosity

Adaptability

Meaning

Fuel for Resilience



What is Self-Care?



Self-care is what people do for themselves to establish and maintain health, and to prevent and deal with illness.

It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure, etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.), and self-medication.'

What's Draining You Activity

- Take 2 minutes to review and complete the handout at your table!



What's Draining You Activity



RELATIONSHIPS



ENVIRONMENT



BODY, MIND,
AND SPIRIT



WORK



MONEY

- Imagine your inner barometer ranges from 0-100 points, what's your level now?
 - Example: your total score was 45 so you only have approximately half of your mental energy stores remaining.
- Most people have 25% or more of their mental energy tied up in these types of distractions.

- How much energy do you have left for what is really important?
- Are there areas that cause more energy drains than others?
- How do you recuperate from these types of drains?

What's Draining You Activity



Refuel and Recalibrate



Spend time outdoors

Read

Go to the spa

Prioritize yourself

Exercise

Eat a nutritious meal or snack

Set short term goals

Daily affirmations

Write in a journal

Pray

Take a vacation

Meditate

Meet with family or friends

Nap or sleep in

Avoid phone/social media

Do something creative

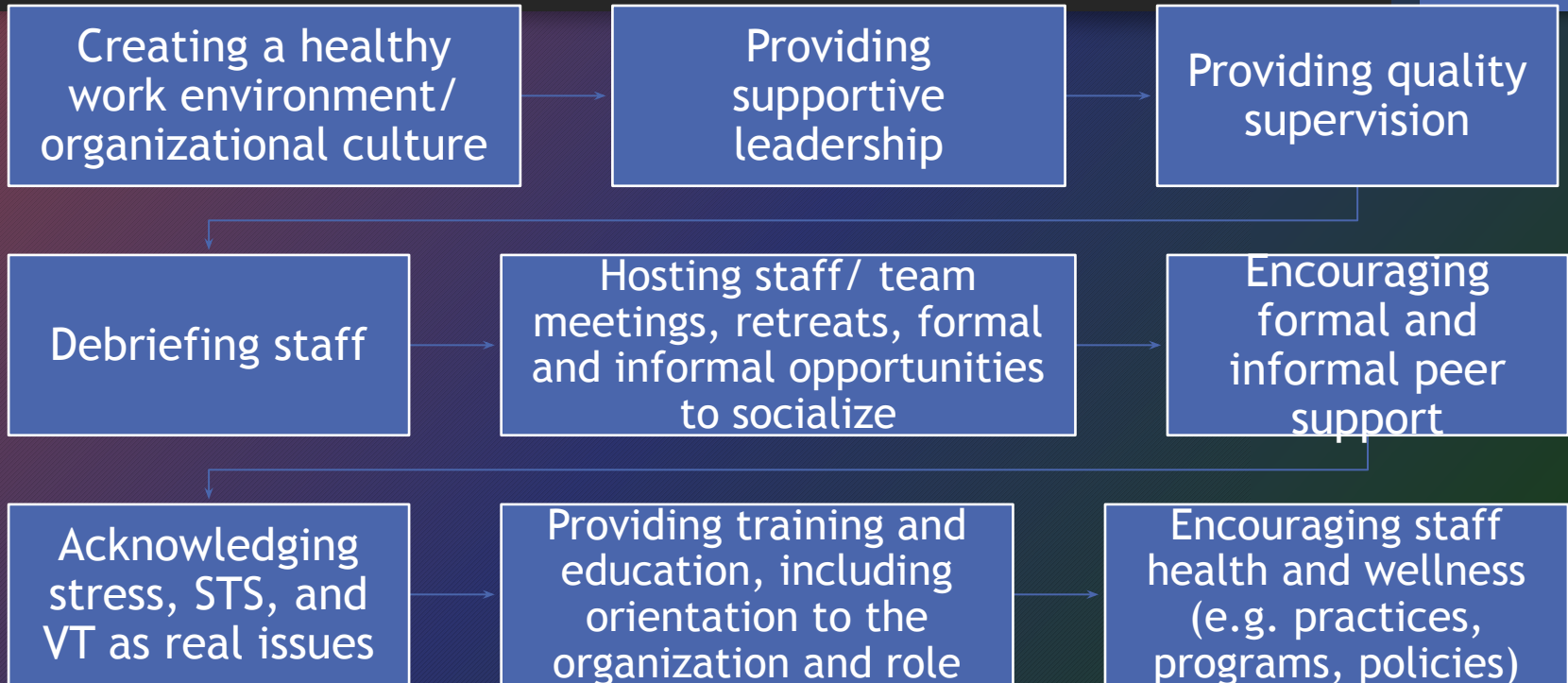
Make time for hobbies

Declutter or clean

Garden

Watch a favorite show or movie

Organizational



Peer and Supervisor Support

- Use effective communication skills
- Encourage trusting, mutual relationships
- Practice conflict resolution
- Emphasize collaboration and teamwork





Thank you and questions?

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Questions?





Session Evaluation

We want to hear from you!

