



**Addressing Secondary Trauma Through Effective Self-Care**

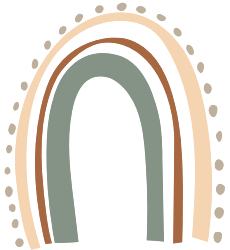
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**I bet you've heard this before.**

- Ya gonna hear it again
- You can be annoyed
- I had a heart attack and now I'm on a mission
- Try to focus on yourself - not families and clients

**SELF-CARE VS. COPING SKILLS: HOW ARE THEY DIFFERENT?**

Self-Care	Coping Skills
<ul style="list-style-type: none"><li>• A preventative measure</li><li>• Acts attending to your emotional, mental, spiritual, &amp; physical health</li><li>• Decrease extreme distress and burnout</li><li>• Can decrease the need for coping skills in the future</li></ul>	<ul style="list-style-type: none"><li>• Used to get you through the tough times</li><li>• Activities or tactics you use when you're in a stressful situation</li><li>• Strategies you can use when you need to buy a bit more energy or time, like hitting the "pause button" when stressed</li></ul>



## Agenda

- 1 Assessments
- 2 Science
- 3 Practices
- 4 Resources

## My Hope For You

- 1 Learn a little
- 2 Increase self-awareness
- 3 Focus on Self
- 4 Comit to one small change

## Where are you?

- **Devereaux Adult Resilience Scale - Part One**
- **Life Change Index Scale**
- **Self-Compassion Scale**

## Reflections

What do you notice?

How do you feel about what you notice?



## The Science

VICARIOUS/SECONDARY TRAUMA

*Compassion Fatigue*

(maybe)

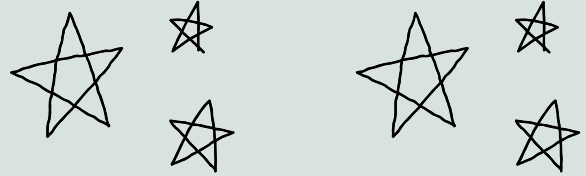
Controlled Empathy

*Burnout*



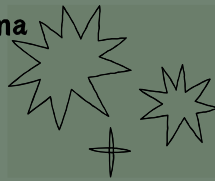
## Vicarious/Secondary Trauma

The *emotional residue* of exposure to traumatic content from others - witnessing fear, pain, and terror. Horrific Stories told to the professional.



## Vicarious/Secondary Trauma

- difficulty managing emotions;
- feeling emotionally numb or shut down;
- fatigue, sleepiness, or difficulty falling asleep;
- physical problems or complaints, such as aches, pains, and decreased resistance to illness;
- loss of a sense of meaning in life and/or feeling hopeless about the future;
- relationship problems
- feeling vulnerable or worrying excessively about potential dangers in the world and loved ones' safety;



## Vicarious/Secondary Trauma

- increased irritability, aggressive, explosive, or violent outbursts and behavior;
- destructive coping or addictive behaviors (e.g., over/under eating, substance abuse, gambling, taking undue risks in sports or driving);
- lack of or decreased participation in activities that used to be enjoyable;
- combination of symptoms that comprise a diagnosis of Posttraumatic Stress Disorder (PTSD).



## COMPASSION FATIGUE

NEW THINKING IS IT'S  
EMPATHY FATIGUE



A gradual lessening of  
compassion over time

Aka - JADED, Cynical

## CONTROLLED EMPATHY



Constant monitoring of  
emotions so as not to react to  
stories. Absorbing the  
information without showing  
emotion.

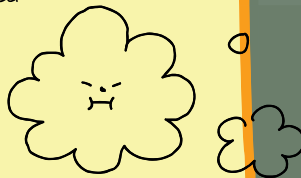
This mimics the FREEZE  
response!

## BURNOUT



Crispy Fried  
Brittle  
Exhausted  
Depleted  
Disillusioned

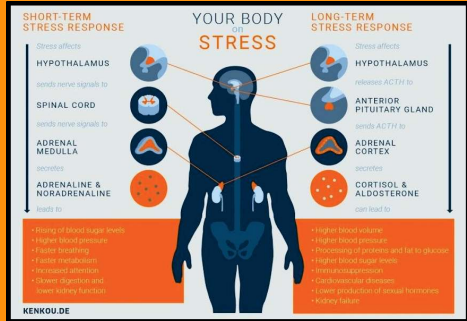
APATHY



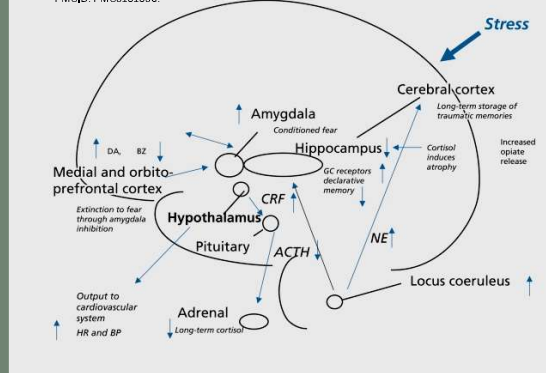
## But why will caring harm me?

Cortisol and  
norepinephrine are  
two neurochemical  
systems that are  
critical in the  
stress response





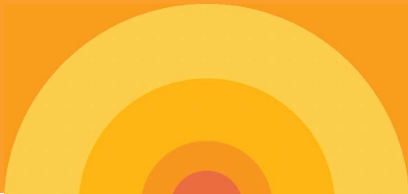
Bremner JD. Traumatic stress: effects on the brain. *Dialogues Clin Neurosci.* 2006;8(4):445-61. doi:10.31887/DCNS.2006.8.4/jbremner. PMID: 17290802; PMCID: PMC3181836.



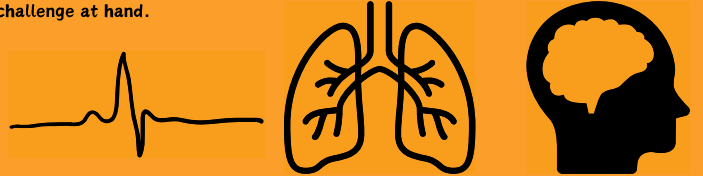
# Belly Breathing

While sitting, place your hands on your belly. Close your eyes and take a deep breath, in and out.

You can count your breaths or just imagine a place that makes you happy. Try to do this quietly for one minute.



Research shows that our brain associates different emotions with different breathing patterns, and breathing exercises work because they trick your brain into thinking your emotional state is different than it actually is. When we are happy, our breathing is regular and steady. However, when we are stressed, anxious or fearful, our breathing becomes irregular, shallow and quicker. When you slow your breathing down in times of stress you can trick your brain into thinking you're actually in a calm state and there is no threat or challenge at hand.



# Mindfulness



## What's the Best Mindfulness Practice for Me? (quiz)

Interested in mindfulness, but not sure where to start? Or looking for some new ideas to add to you...

Mindful Teachers Apr 12, 2022



## Diving into the Deep End of Meditation Research

Mass General Brigham's Matthew D. Sacchet, PhD, wants to make it easier for anyone to access the kinds of transcendent states that advanced meditators can sometimes attain.

Harvard Catalyst

**MAKING WAVES**  
The brain has 48 billion neurons and 100 trillion synapses.

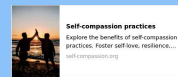
- DELTA WAVES (δ):** 1-4 Hz. Deep unconscious, shuttles and repair.
- THETA WAVES (θ):** 4-8 Hz. Subliminal creativity, deep relaxation.
- ALPHA (α) waves:** 8-13 Hz. "Spooky" and dreamy state, meditation and practice.
- BETA (β) waves:** 13-20 Hz. Concentration through external focus.
- GAMMA (γ) waves:** 25-100 Hz. Not well understood, but linked to perception and awareness or clarity.

During transcendental meditation, the subject reports going off with high beta (beta) waves, but not staying there. Reported to have beta and theta after, the optimal level. After some time, the person goes to beta, theta, alpha and delta, sometimes with new insights.



# Self-Compassion

DR. KRISTIN NEFF



Self-compassion practices  
Explore the benefits of self-compassion practices: kinder, softer, resilience...

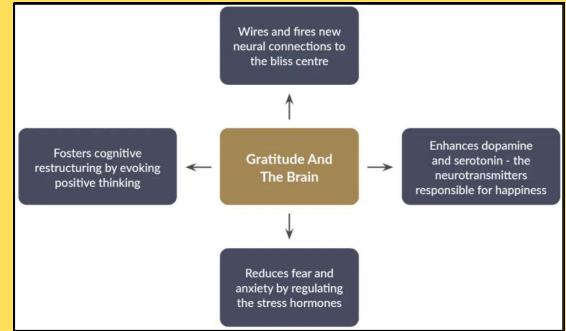


# Journaling

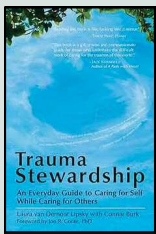
Gratitude (fake it til you make it)  
Info/Feelings Dump

Mindfulness/ Self-exploratory:

- What are the preoccupations of your mind?
- What are your prevailing emotions?
- What is the condition of my body?
- What questions do I long to have answered?



<https://positivepsychology.com/neuroscience-of-gratitude/#neuroscience>



better together  
SHARE WITH TRUSTED  
OTHERS

Consultation Debrief Supervision EAP Therapy

# BEWARE THE TRAUMA DUMP

## Debriefing or Consultation

### Catharsis

can help people express their emotions without judgment, which can alleviate distress.

### Normalize feelings

can help people understand that their feelings and experiences are normal and valid.

### Build resilience

can help people build the ability to recover from traumatic experiences and return to normal functioning.

### Process shared experiences

can help people process their shared experiences and form healthy attitudes about stress reactions.

Debriefing sessions should be conducted with empathy, active listening, and understanding. The person providing the intervention should be a competent, well-trained mental health practitioner.

## Resources

Psychology Today - Find a Therapist

CACO Consultation with ME! [candice@tulsacg.com](mailto:candice@tulsacg.com) 918-949-7595

Apple Watch - Health App with Mindfulness and State of Mind

How We Feel App

Dr. Kristin Neff, [www.self-compassion.org](http://www.self-compassion.org)

Trauma Stewardship Institute, [www.traumastewardship.com](http://www.traumastewardship.com)

## Hard Truth

Self-care is not romantic. It isn't always fun or relaxing.

Sometimes it's sleeping when you'd rather scroll.

Saying no to an event because you are worn out.

Eating the salad.

Decreasing your mental load.

Asking for help even if you hate doing that.

Letting go of control.





THE TRAUMA STEWARDSHIP INSTITUTE'S  
**Tiny SURVIVAL GUIDE**

**PROTECT YOUR MORNINGS**  
[or whenever you wake up]  
less cortisol, more intentionality.

**GO OUTSIDE**  
[or take outside]  
perspective, context +  
something larger than this.

**BE ACTIVE**  
[avoid stagnation]  
in body, mind, spirit.

**CULTIVATE RELATIONSHIPS**  
those that are edifying + healing.

**NURTURE GRATITUDE**  
what is one thing, right now,  
that is going well?

**DETOX**  
if navigating addictions  
be wise + safe  
limit news + social media.

**SPEND TIME WITH ANIMALS**  
↓ stress hormones, ↑ comfort.

**METABOLIZE + EXPERIENCING**  
re-regulate your nervous  
system.

**SIMPLIFY**  
[less is more]  
be aware of decision  
fatigue = cognitive overload.

**ADMIRE ART**  
the gift of feeling transported.

**LAUGH**  
pure humor = a sustaining force.

**FOSTER HUMILITY  
& EXTEND GRACE**  
self-righteousness  
+ hubris = unhelpful.

**SLEEP**  
to cleanse + repair brain + body.

**CLARIFY INTENTIONS**  
how can I refrain from causing harm,  
how can I contribute meaningfully?

**BE REALISTIC + COMPASSIONATE**  
[with yourself]  
be mindful of the quality of your  
presence. It means so much  
to others.

Thank  
You!