

Secondary Trauma



What will we talk about?

- What is secondary trauma?
- What are causes of secondary trauma?
- Recognizing the signs of secondary trauma
- Ways to prevent secondary trauma
- How to cope with secondary trauma
- Secondary trauma and your other children



What is secondary trauma?



Trauma occurs when there is a real or threatened loss of life or physical harm, either **personally experience** or **witnessed**.



Secondary Trauma is the **emotional duress** that results when an individual **hears** about the firsthand traumatic experiences of another.



With secondary trauma, you feel a stress that comes from wanting to help your traumatized child. You may start to feel as if your child's traumatic experience actually happened to you.



Causes of secondary trauma



Empathy

Insufficient Recovery Time

Unresolved Personal Trauma

Vulnerability of Children



Something to think about...

Which of the four points resonate with you?



How to recognize if you are experiencing secondary trauma



Trauma Symptoms:

- Intrusive Images
- Jumpy/Nervous
- Difficulty Concentrating
- Nightmares
- Shut Down
- Change of Worldview
- Hopeless & Helpless
- Struggle with Anger
- Lose Perspective
- Feel Isolated from Others
- Inappropriate or disproportionate response to child
- Avoid Further Exposure
- Headaches, Sadness, Cynicism, Back Aches.



Group Discussion:

Which point resonates the most with you?



Ways to prevent secondary trauma



Life Balance



Relaxation Techniques



Enjoy Nature



Have a Creative Outlet



Assertiveness Training



Interpersonal Communication Skills



Time Management



Plan To **Take Time** To Cope



Have A Support System



How to cope with secondary trauma



Evaluate:

Are there specific images or traumatic events that keep coming to your head again and again?

Are there situations with children that make you anxious and you try to avoid?

Are there situations or people that remind you of a specific traumatic event?



Focus on self-care



Journal



Join a **support** group



Recognize success & create meaning



Meet with a trauma specialist.



Group Discussion:

What has helped you as you have recognized the signs of secondary trauma during this journey?

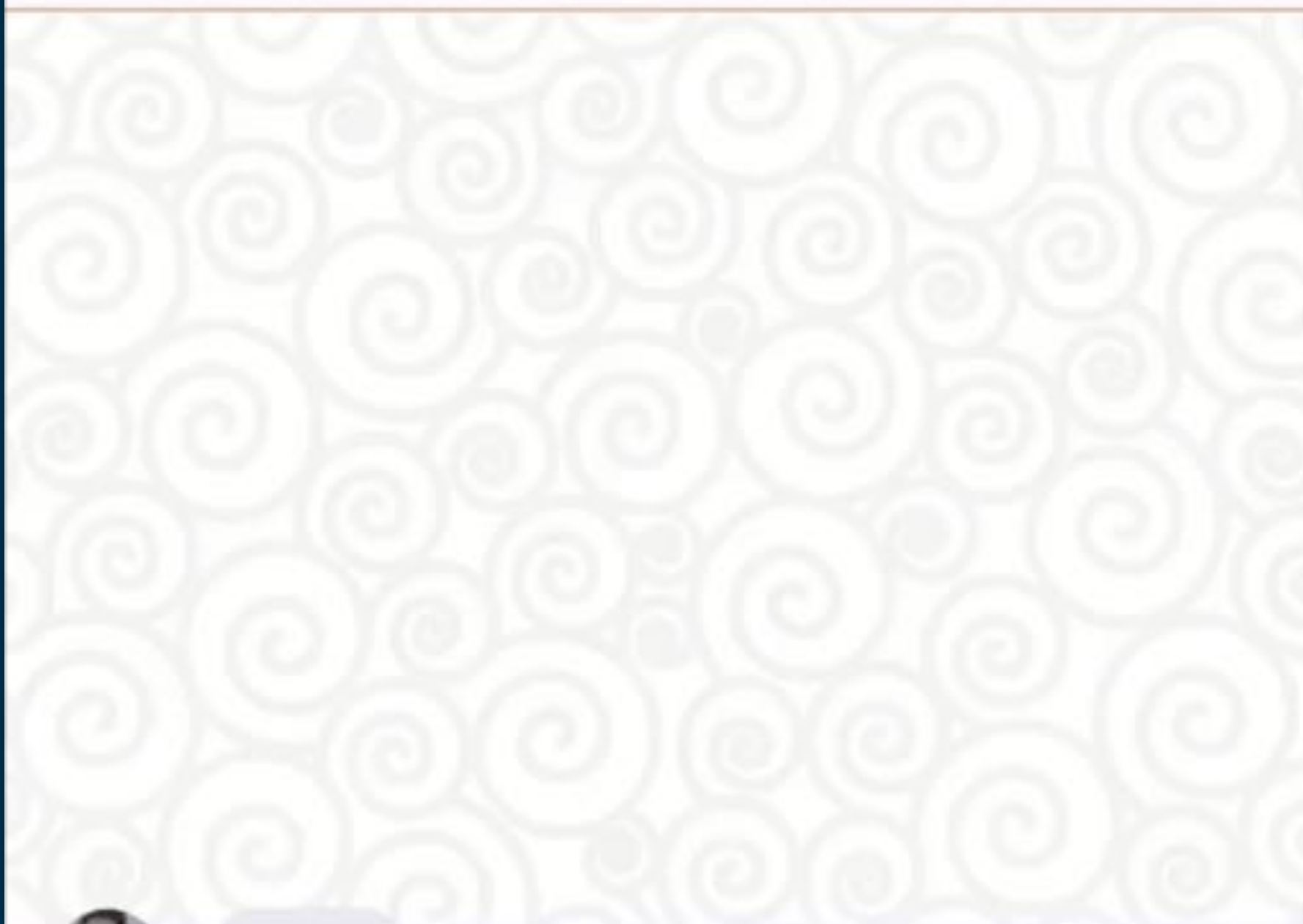


Hope Anew Community

Alisha



Tiffany



Secondary trauma and your other children



Signs your child may be experiencing secondary trauma:

Emotionally: angry, sadness, anxiety, cynical, irritable with family members



Signs your child may be experiencing secondary trauma:

Physically: headaches, stomach aches, constipation



Ways to help our children:

Counseling

Evaluation

Individual Attention



Group Discussion:

1. What has helped your family when you recognize your children are struggling emotionally with traumatic experiences?

2. How do you give individual attention to each of your children?



*“**Extended** periods of high demand or severe trauma take a toll on these **earthen vessels of heavenly purpose**. Burnout, depression, and posttraumatic stress can be the result.”*

~ Frauke Schaefer



Trauma-Related Professional Help

- Intensive Trauma Therapy (ITT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Somatic Experiencing (SE)
- Trauma-focused Cognitive Behavioral Therapy (TF-CBT)



Q & A

