



# Secondary Traumatic Stress Causality and Impact

7<sup>th</sup> Annual ACSSW  
New Orleans National Practice Institute



# AGENDA

- Understanding of Secondary Traumatic Stress
- Resiliency
- Secondary Traumatic Stress Risk Factors
- Signs of Secondary Trauma
- Impact of Secondary Traumatic Stress
- Self-Care/Five Pillars of Thriving
- Support for Teachers Affected by Trauma (STAT)



## DEFINITIONS

“Forget your perfect offering. There is a crack in everything. That’s how the light gets in...” - Leonard Cohen

Secondary Traumatic Stress

Compassion Satisfaction





# RESILIENCE

Definition

Creating supportive environments

Post-traumatic growth





# SECONDARY TRAUMATIC STRESS RISK FACTORS

- Counter transference
- Personal Experience with a traumatic event(s)
- Direct contact with children's stories
- Helping others/neglecting yourself
- Empathy vs. Sympathy





## SIGNS OF TRAUMATIC STRESS

- Connection to those you help
- Irritable
- Too hard on yourself
- Self esteem
- Lack of focus
- PTSD reactions





# IMPACT OF SECONDARY TRAUMATIC STRESS

## Emotional

- Feeling numb or detached; living in denial

## Physical

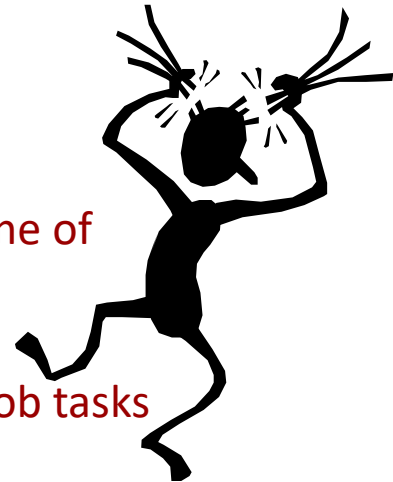
- Having low energy or feeling fatigued

## Behavioral

- When STS impacts our behavior, we often change our routine of things...

## Professional

- STS impact your work effort or create low performance of job tasks and responsibilities.





# IMPACT OF SECONDARY TRAUMATIC STRESS CONT'D

## Cognitive

- Confusion, diminished concentration, difficulty with decision making

## Spiritual

- You may question the meaning of life

## Interpersonal

- Physical withdrawal or emotionally unavailable to your co-workers or your family





# SELF CARE DOMAINS

- Physical
- Intellectual
- Environmental
- Emotional
- Occupational
- Emotional
- Spiritual



## SELF CARE BARRIERS and SUCCESSES

- Guilt
- Motivation – choice, knowledge, persistence
- Time

- 
- Contract
  - Significant others
  - Group-work
  - Measurable and manageable



## Five Pillars of Thriving

1. positive emotions
2. engagement
3. positive relationships
4. meaning
5. accomplishment



# Support for Teachers Affected by Trauma STAT

- **History**
- **Expertise**
- **On-line Platform**
- **5 Modules**



**SYMPTOMS OF STS**

Guilt		Chronic exhaustion	
Hopelessness		Loss of creativity	
Anger		Irritability	
Cynicism		Social isolation	
Sleeping difficulties		Poor self-care	
Feeling of disconnection		Avoidance of listening to students	
Insensitivity to violence		Arousal/hypervigilance	



Support for Teachers Affected by Trauma

Welcome back, John User!  
ACCOUNT



Your Course



How to Use This Course



Module 1  
Overview of STS



**Module 2**  
**STS Risk Factors**



Module 3  
Assessing for STS



Module 4  
Impact of STS



Module 5  
Self-Care



DASHBOARD

RESOURCES



**MODULE 2**

*Secondary Traumatic Stress Risk Factors*

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**REVIEW**



Exercise 1  
[View Worksheet](#) | [Download Worksheet](#)



Report  
[View Report](#) | [Download Report](#)

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1 Date complete: 5/31/18

STS Level Total: **46**



Component Levels:

16 18 10



Intrusion Avoidance Arousal

**ORANGE: High STS**

Consider monitoring your **My STAT Level** status at least three times this school year, for example, at the beginning or end of each quarter. Also explore Module 5 for information on self-care activities, which may help alleviate some of your symptoms of STS. Additionally, you would almost certainly benefit from seeking counseling for additional support.

2 Date complete: 8/23/18

STS Level Total: **30**



Component Levels:

8 21 11



Intrusion Avoidance Arousal

**BLUE: Mild STS**

Consider retaking **My STAT Level** at the end of this school year, or sooner if you have a secondary traumatic experience with a student or someone else. In addition, we recommend exploring Module 5 to learn about self-care strategies.

3 Date complete:

STS Level Total:



Component Levels:

This report has not yet been completed.

Intrusion Avoidance Arousal

Your Results:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# THOUGHTS, REFLECTIONS, QUESTIONS