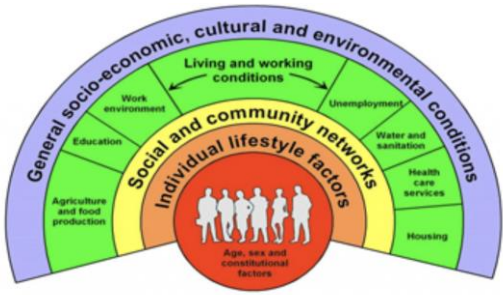




“Vicarious Trauma? Burnout?
Nah, it’s just every day in
here...”

Community Link Workers: Scotland Network
November 2024
Fiona Douglas
NHS Lanarkshire

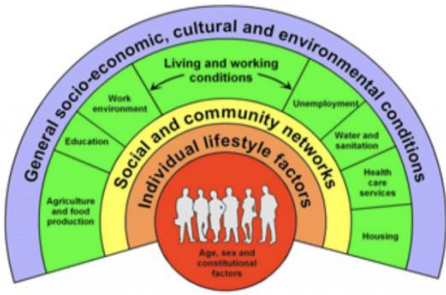


Session Plan



Today is an interactive session, a space where we will look at vicarious trauma, this will include the following areas:

- Defining what we mean by ‘psychological trauma’
- Familiarising ourselves with the context of trauma training in Scotland and the aims of the National Trauma Transformation Programme
- Discussing the prevalence and characteristics of trauma in current caseloads
- Considering the ways in which working with trauma can affect us
- Reflecting on trauma-informed practice and care for ourselves, and for those around us



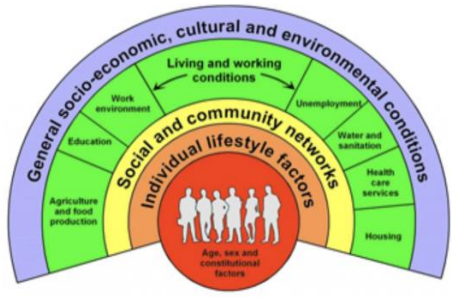
Trauma is common

We won't talk about traumatic experiences in detail today and you **will not** be asked to share any personal experiences.

We want you to feel safe and we will consider sources self care and support in this session.

Safety. Safety. Safety.





How should we work together?

Respect

Participation

Breaks

Phones/Emails muted

Humour

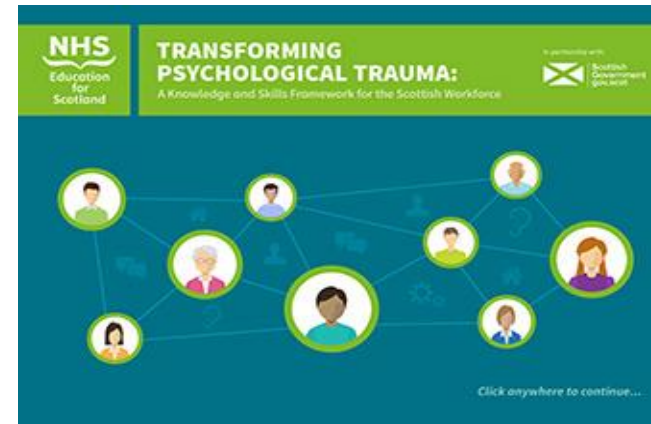
Safety, Safety, Safety...



“ Our vision is to achieve a trauma-informed and responsive nation and workforce, one that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and that can address inequalities and improve life chances”

Transforming Psychological Trauma: A Knowledge and Skills Framework for the Scottish Workforce
<https://www.traumatransformation.scot/implementation/>

‘Transforming Psychological Trauma: A Knowledge and Skills Framework for the Scottish Workforce’...

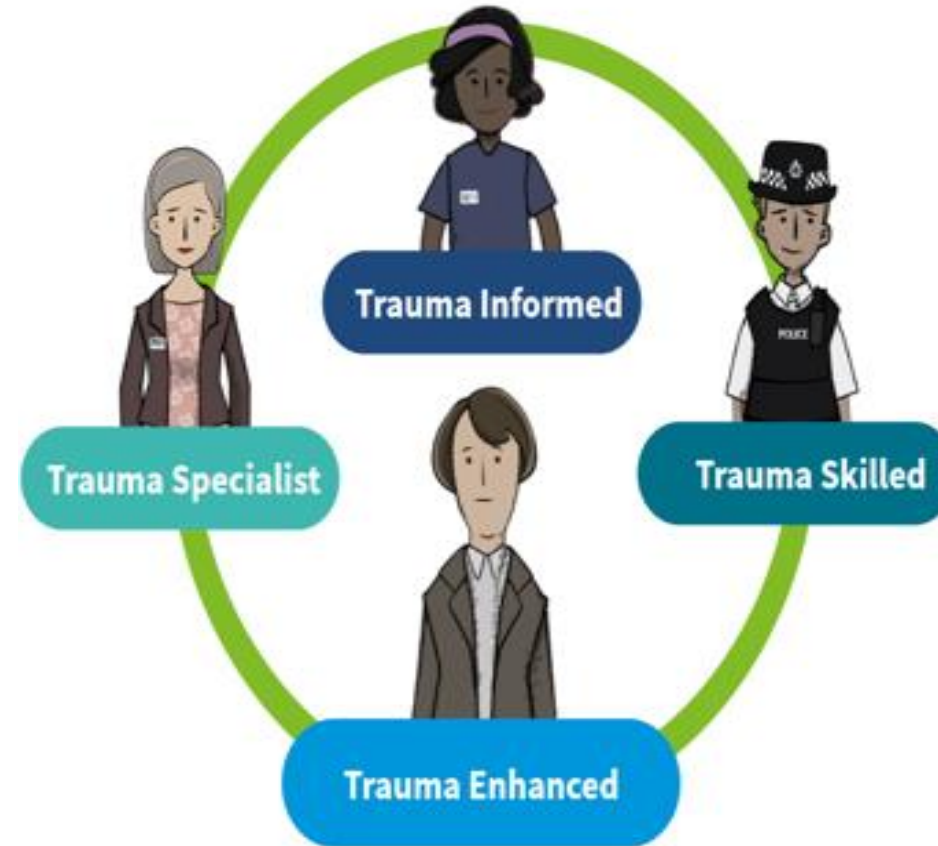
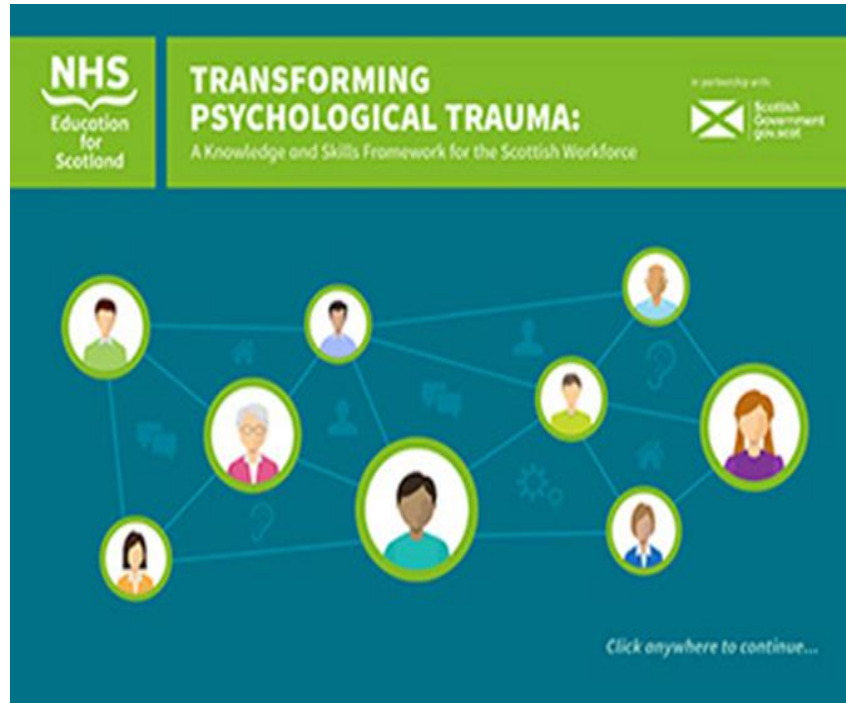


What's that all about?
What does that mean for me?

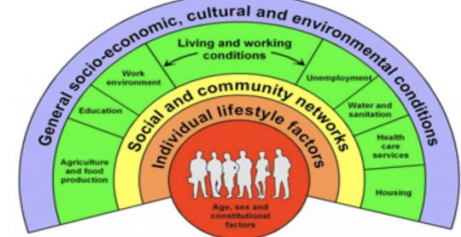
<https://vimeo.com/377019393>



In practice...



<https://www.traumatransformation.scot/>

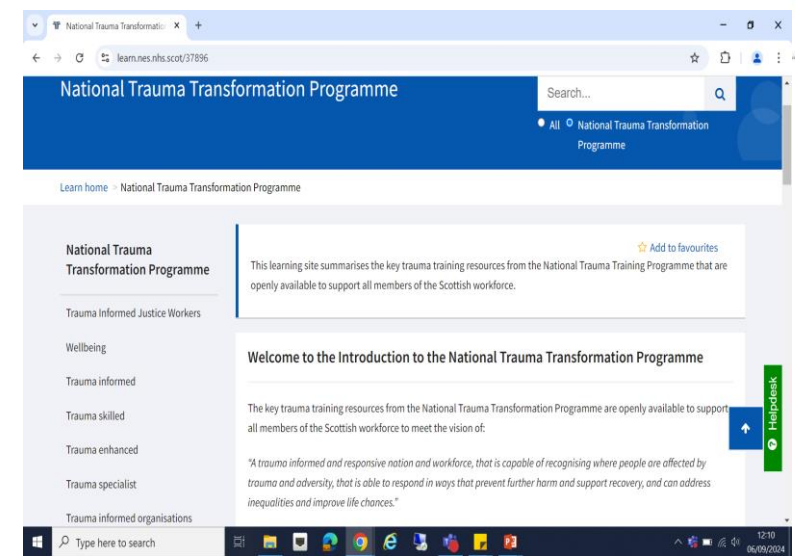


National Resources

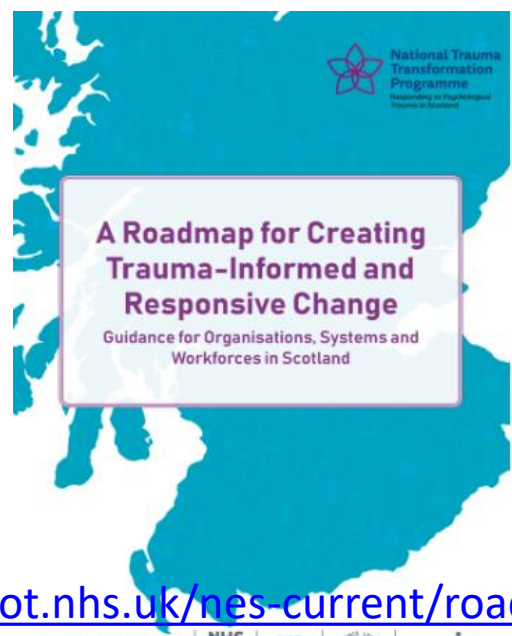


National Trauma Transformation Programme
Responding to Psychological Trauma in Scotland

<https://www.traumatransformation.scot/>



<https://learn.nes.nhs.scot/>



<https://www.nes.scot.nhs.uk/nescurrent/roadmap-for-creating-trauma-informed-and-responsive-change/>

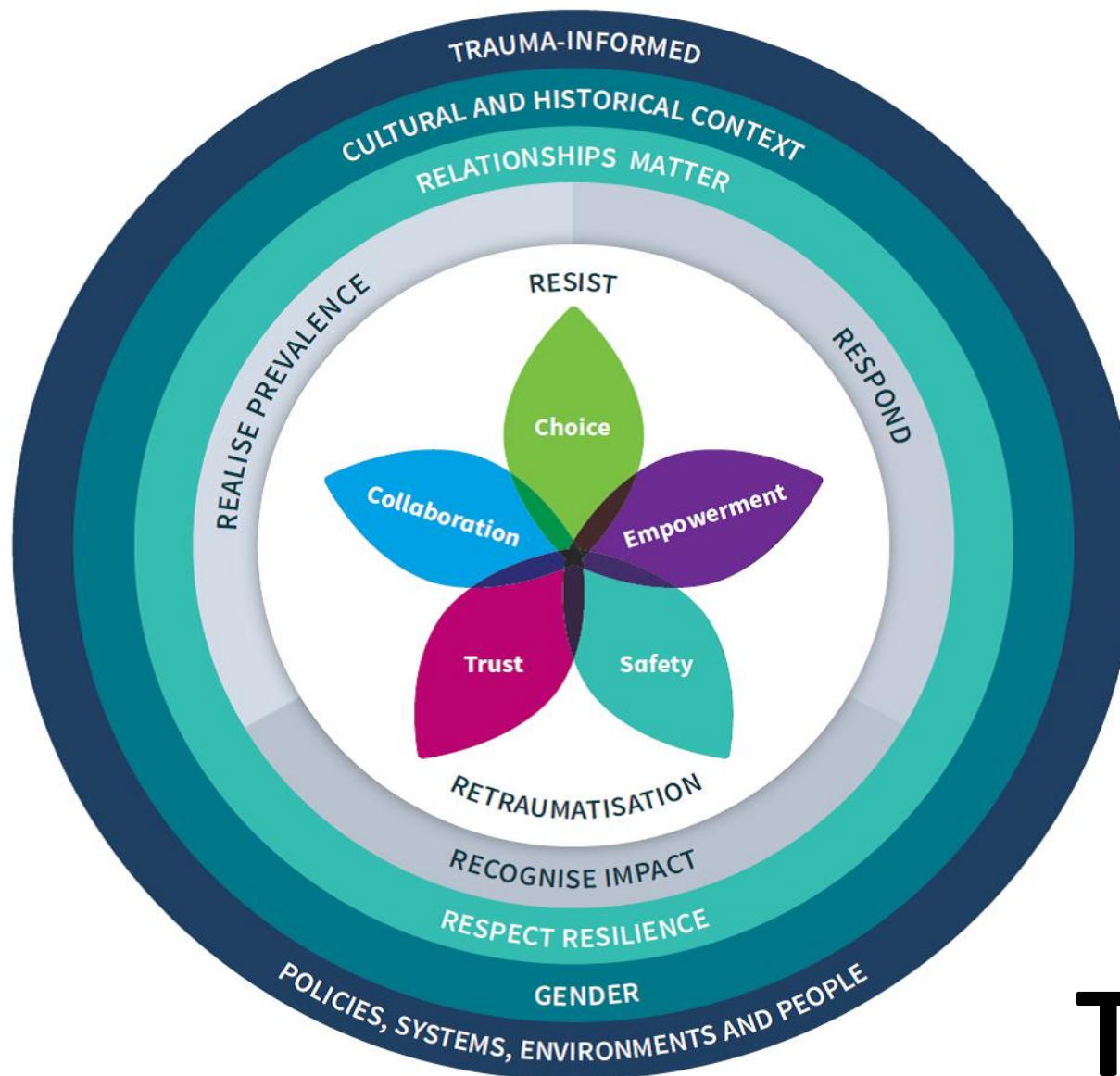


National Wellbeing Hub

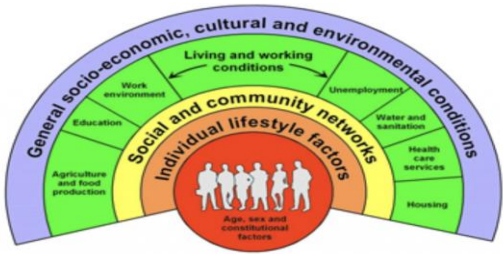
<https://wellbeinghub.scot/>



TRAUMA-INFORMED ORGANISATIONS



TECCS



What do we mean by trauma?

‘An event or a series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening’

Type 1: Acute Trauma

1

- One-off
- Time limited
- May or may not happen between people

Type 2: Complex Trauma

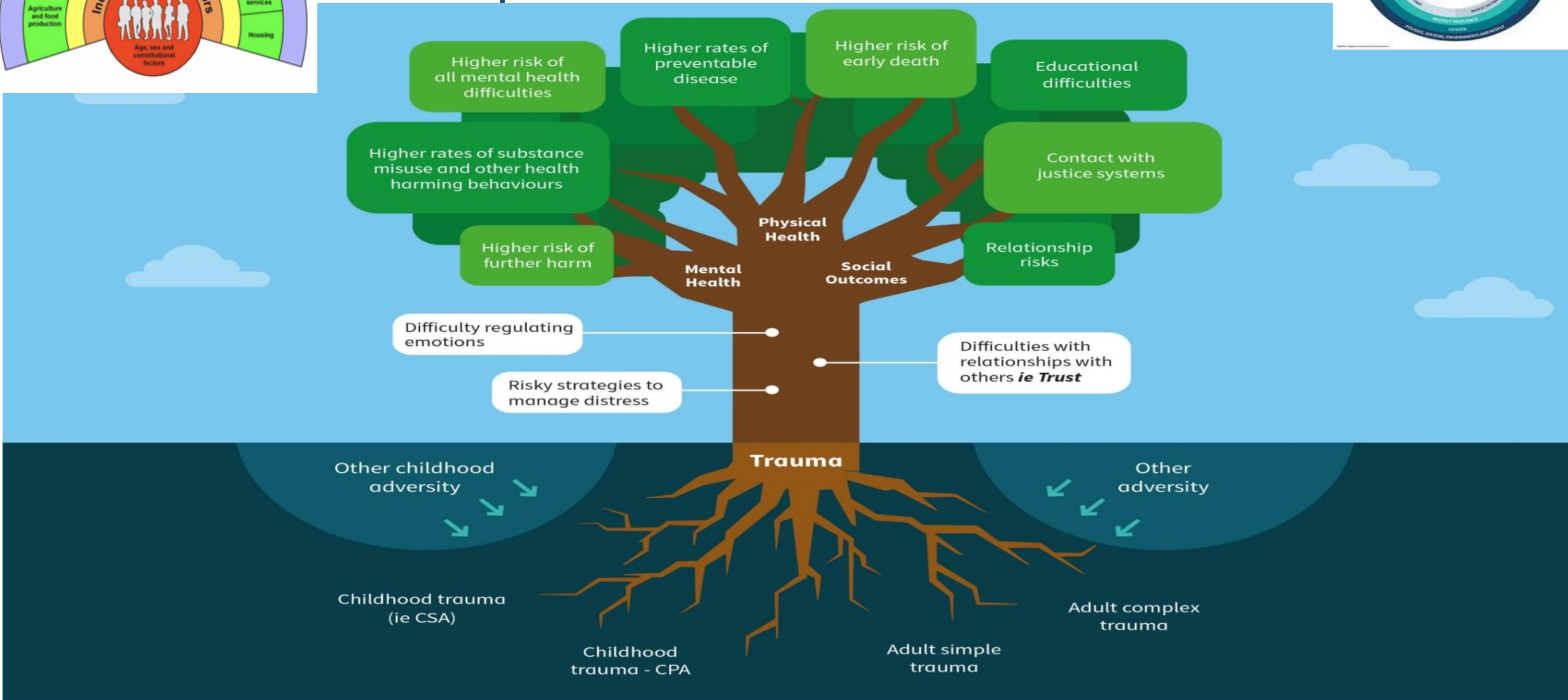
2

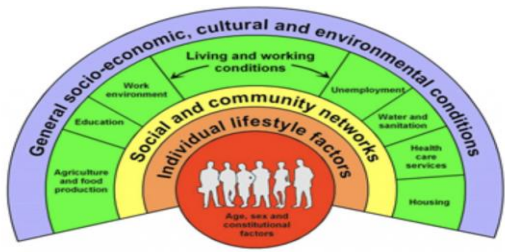
- Repeated
- Can be ongoing
- Happens between people:
 - breach of trust, lack of control
 - often leads to feelings of powerlessness and domination

d

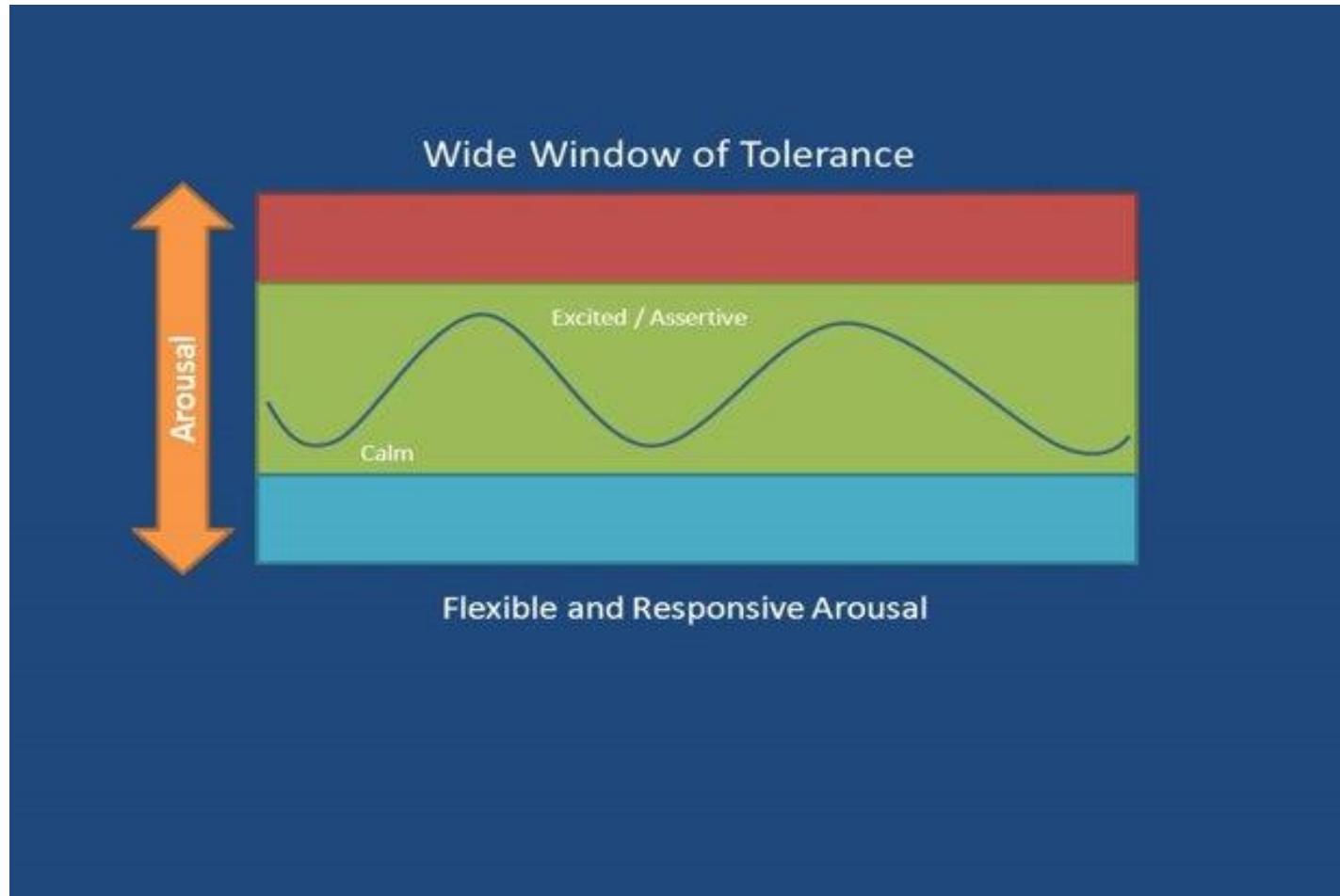


Some of the potential consequences consequences of trauma

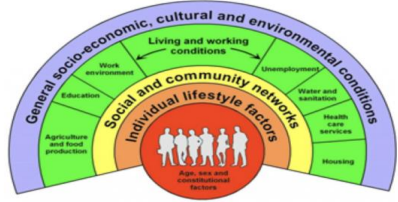




Window of tolerance



<https://www.youtube.com/watch?v=6nu3iqI8ldc>



Trauma and the Brain:

Dan Siegel – Flipping Your Lid

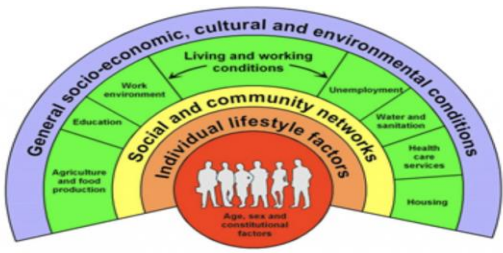


www.youtube.com/watch?v=GOT_2NNoC68

Opening Doors

- <https://vimeo.com/274703693>



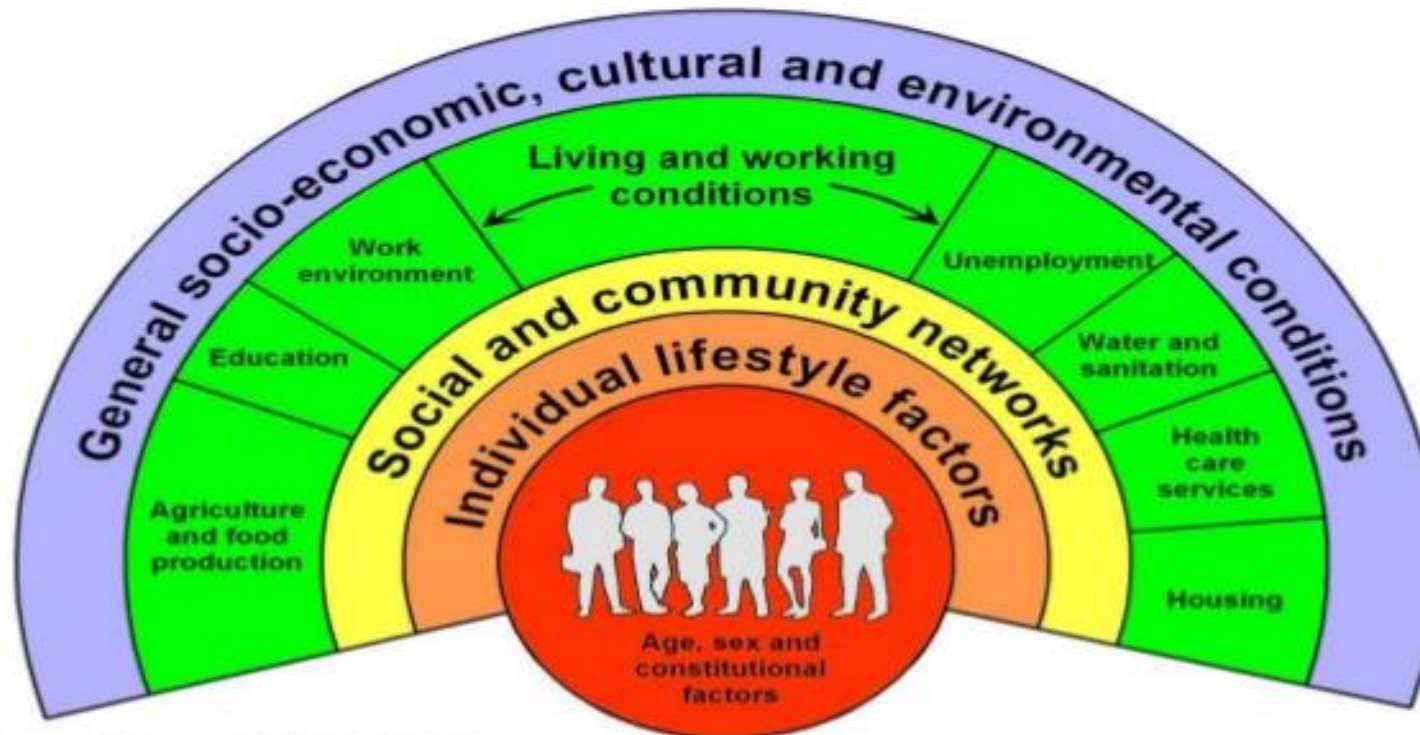


What affects health?

Simple question, complicated answer...

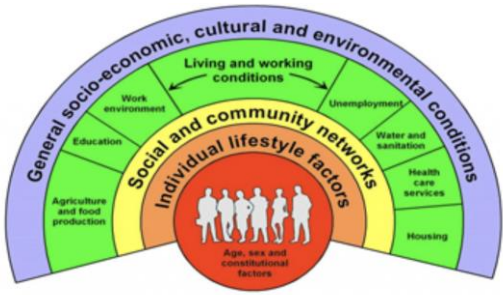


1. The main determinants of health



Source: Dahlgren and Whitehead, 1991

MRCPsych and others. 2018. The impact of trauma on mental health. London: Royal College of Psychiatrists.



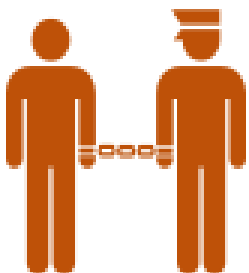
Health Inequalities

“the unjust and avoidable differences in people’s health across the population and between specific population groups”

Public Health Scotland



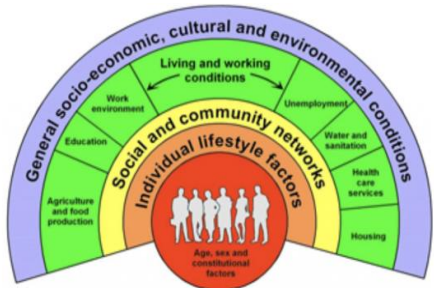
Higher prevalence



People with a history of trauma are over represented in physical health, mental health and substance misuse services and criminal justice settings.

Dr. Nadine Burke Harris Ted Talk -

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime#t-11373



Many people experience traumatic events...



1 in 5 adults have experienced physical or sexual abuse during their childhood.



1 in 5 women in Scotland will experience domestic abuse from a partner or ex-partner



A bar chart with four vertical bars of increasing height from left to right. The bars are colored orange, yellow, blue, and teal. The chart is set against a light gray background with a white horizontal axis.

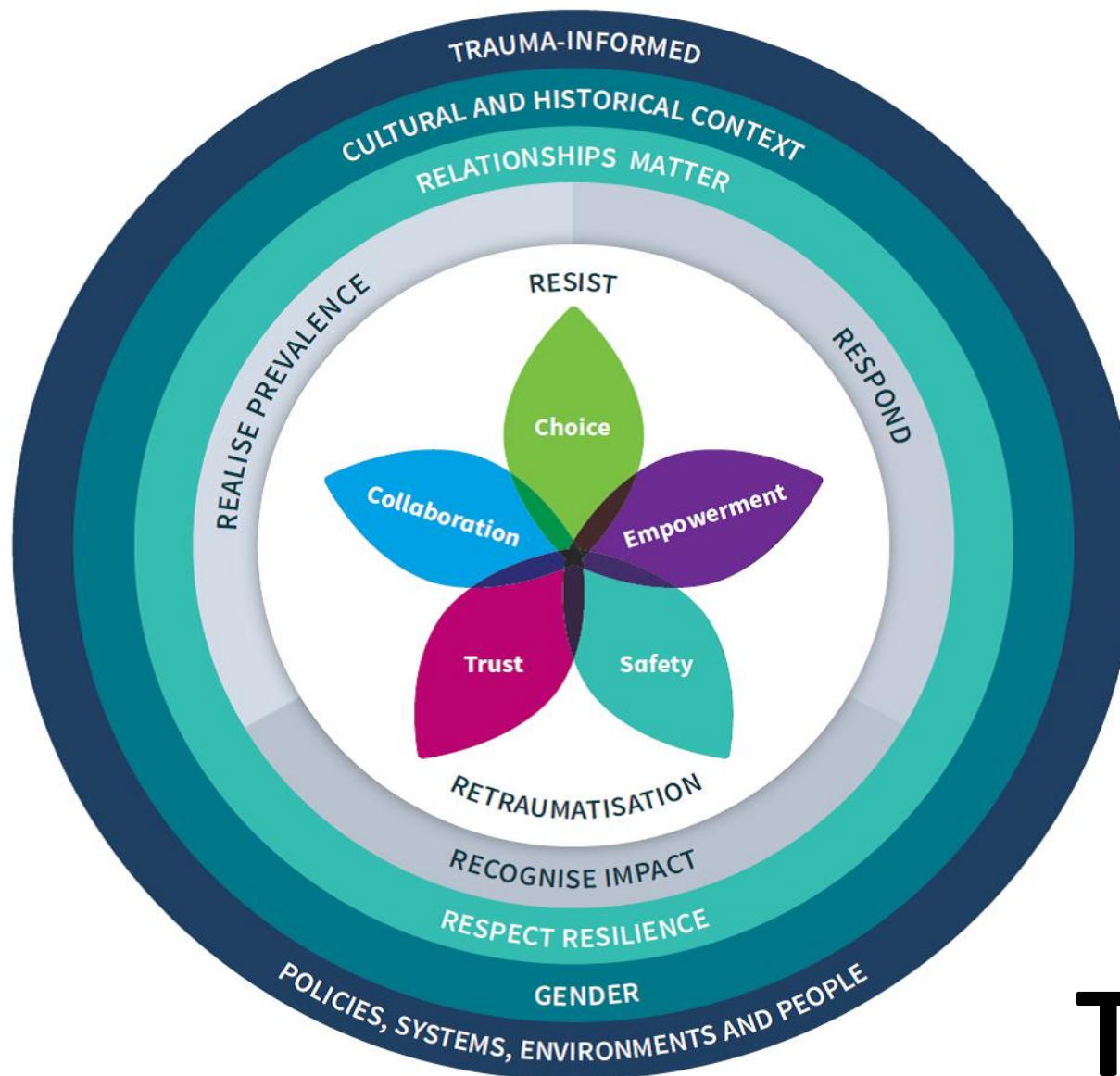


When we work with people, no matter what service we offer, we are likely to come in to contact with people who have experienced trauma.

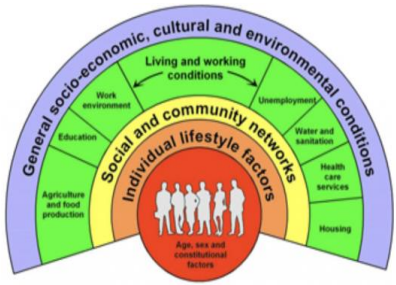




TRAUMA-INFORMED ORGANISATIONS

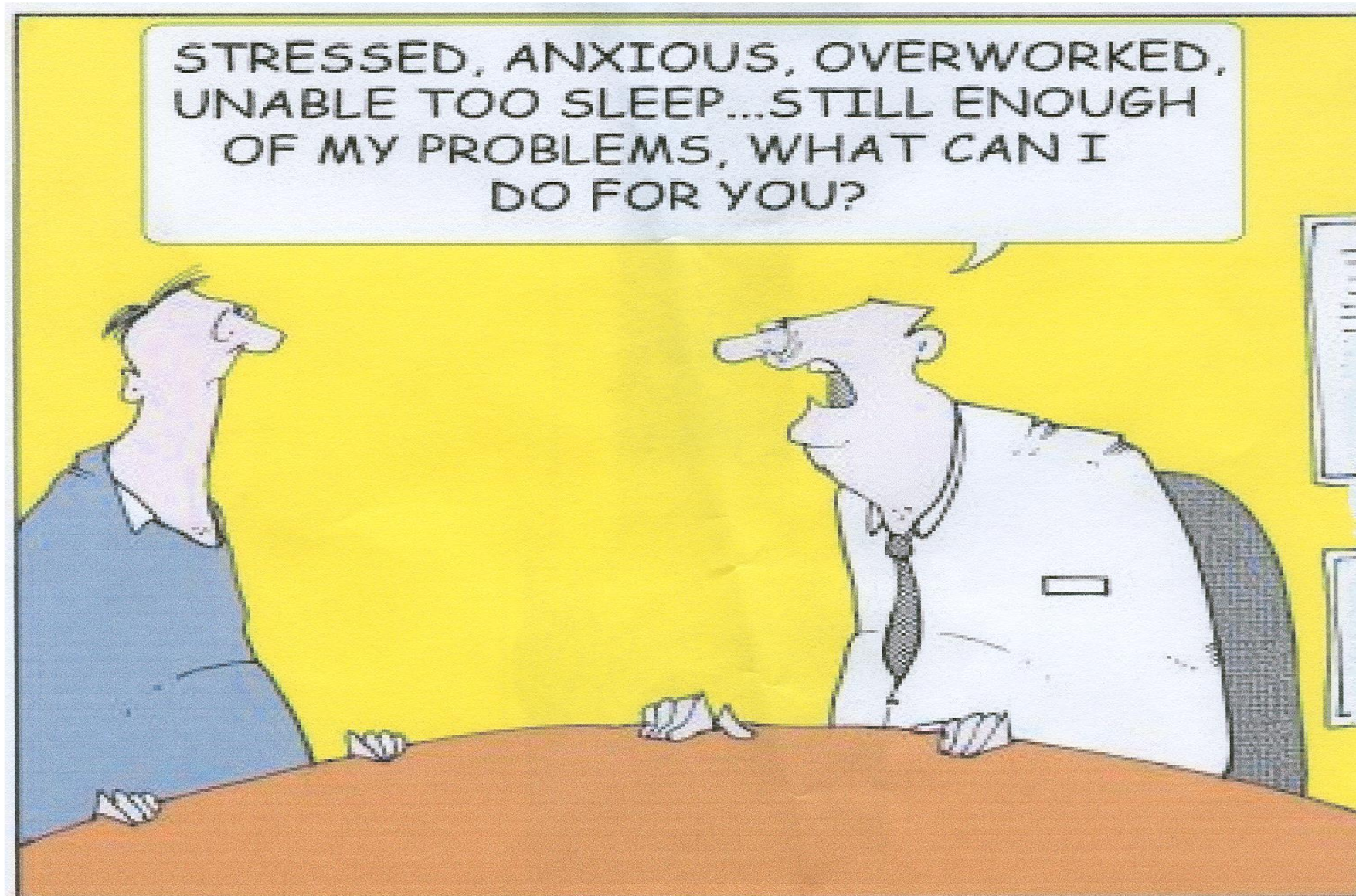


TECCS



Tools for our own toolbox:

Working with trauma also has an impact on us...

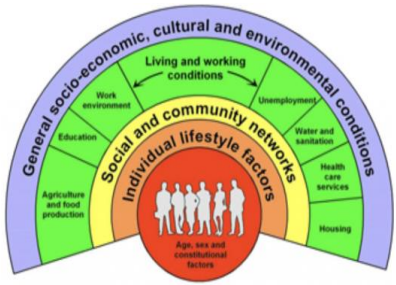


'Transforming Compassion Fatigue and Vicarious Trauma' Carvill and Edelson, Victim Services, YG Justice



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet”

Rachel Naomi Remen
Kitchen Table Wisdom



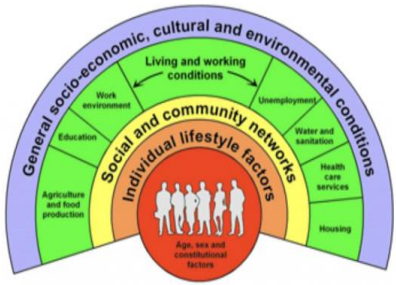
Water off a duck's back?

Vicarious Trauma

Compassion Fatigue

Burnout

Moral Distress/Injury

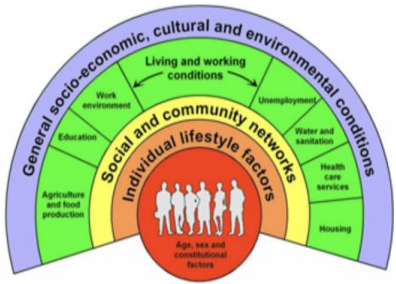


Impact of trauma on...us



What aspects of your role could contribute to burnout/vicarious trauma?

In what ways do you and your colleagues cope with the role that you have?



ABC of Self-Care



Pearlman talks about the ABC of Self-Care

- A Awareness
- B Balance
- C Connection

...What does that mean to you personally/professionally?

'Transforming Compassion Fatigue and Vicarious Trauma'
Carvill and Edelson, Victim Services, YG Justice



Wake-up Call

If you don't take time to make changes now...
be prepared to take time for illness later.

If we have been prevented from saying no, our bodies may end up
saying no for us.

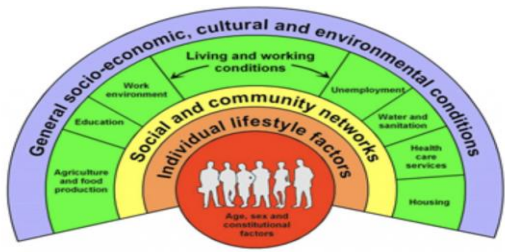
Dr Gabor Mate, When the Body Says No, 2003



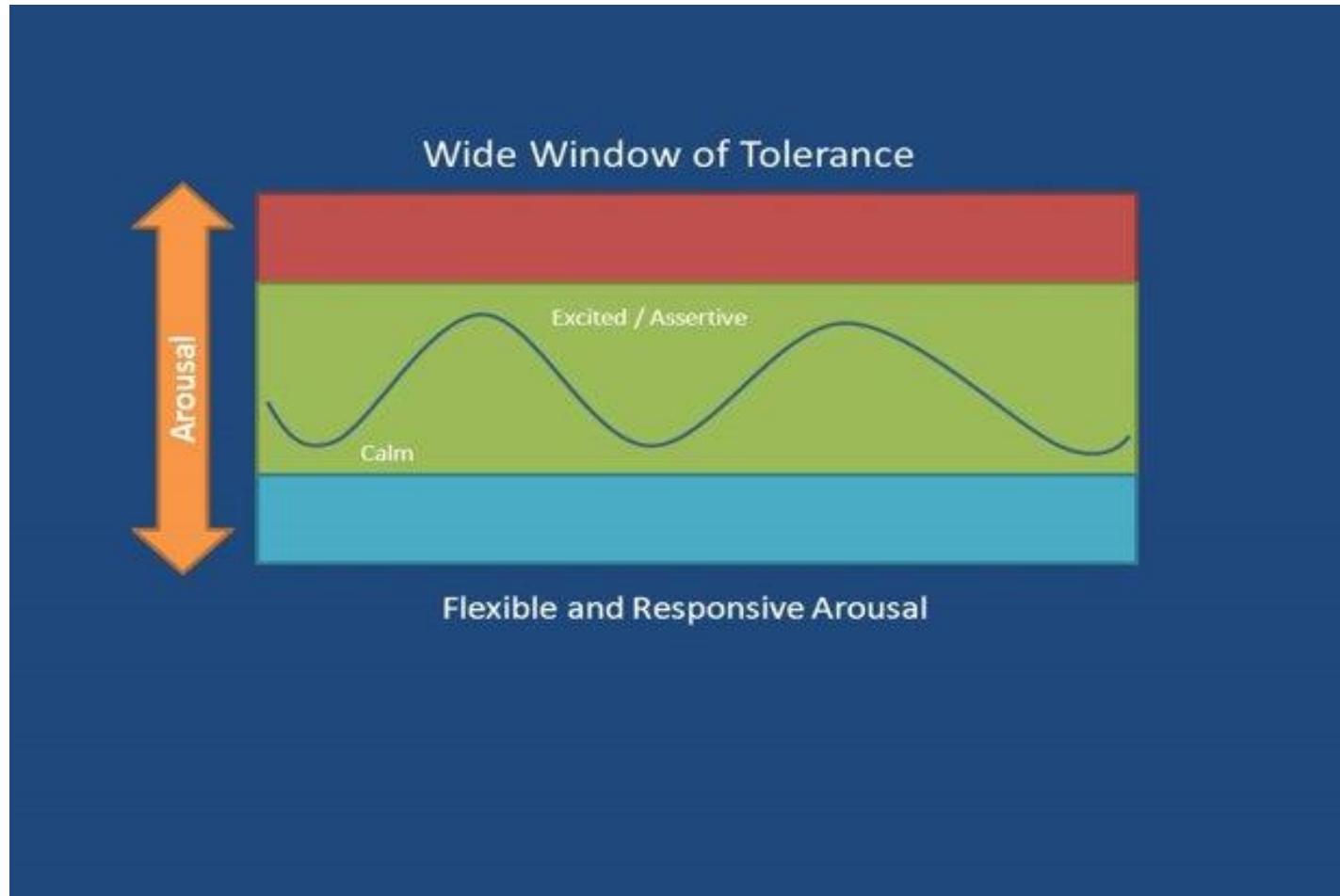
Going Home Checklist

- ✓ Take a moment to think about your day.
- ✓ Acknowledge one thing that was difficult during your work day – Let it go!
- ✓ Consider three things that went well.
- ✓ Check on your colleagues before you leave – Are they ok?
- ✓ Are you ok? We are here to support you.
- ✓ Now switch your attention to home – Rest and recharge.

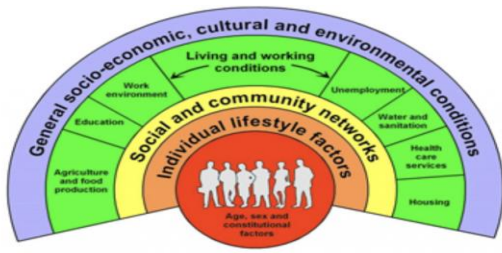




Window of tolerance



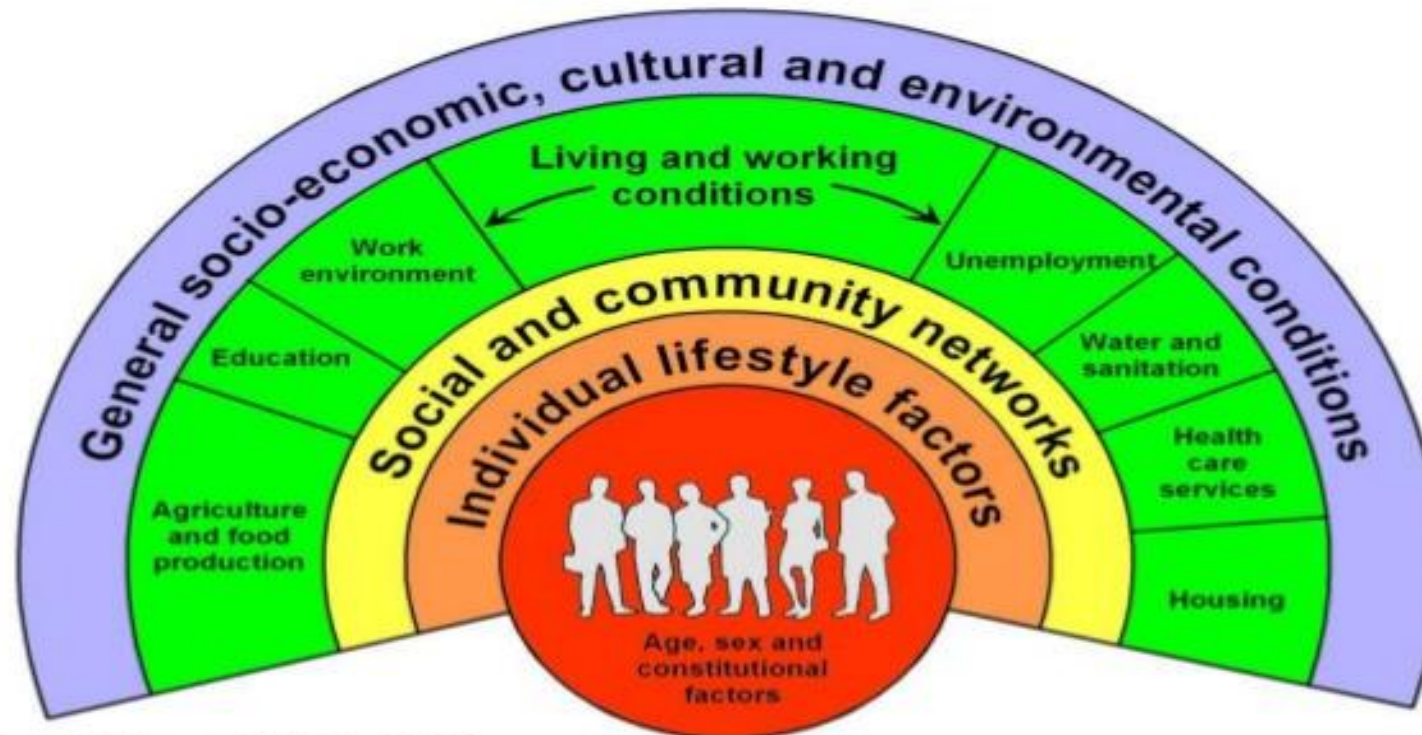
<https://www.youtube.com/watch?v=6nu3iqI8ldc>



What affects our health?



1. The main determinants of health



Source: Dahlgren and Whitehead, 1991

MRSA and other antibiotic-resistant bacteria are a major cause of death and illness in the UK.



Tools for our own toolbox...

What helps me?

What hinders me?

Task:

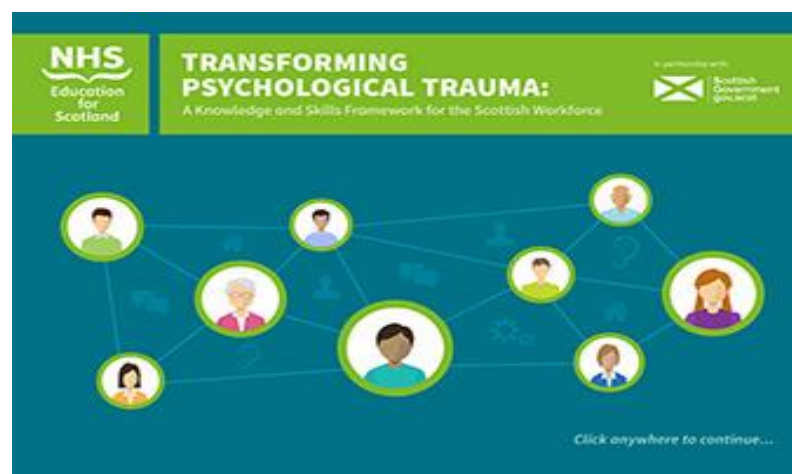
What can I do more of?

What can I do less of?

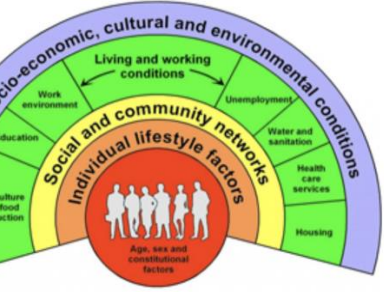
What can I try out?



Trauma is everybody's business but not everyone needs to be an expert, just remember your TECCS!



NES Transforming Psychological Trauma, 2017



Why Trauma Responses are Important to You



Trauma is prevalent

Trauma affects health

Trauma can have life-long consequences for individuals and communities

Trauma is a cause and a consequence of **inequalities**



"If your compassion does not include yourself, it is incomplete"

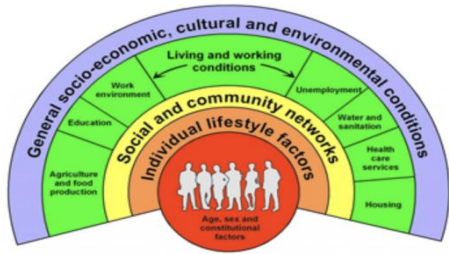


Jack Kornfield

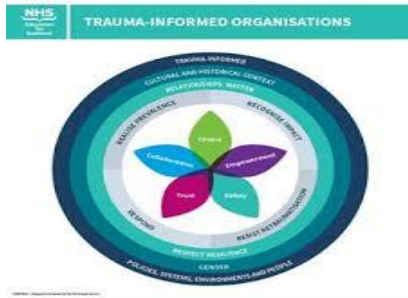


What are you adding to your own tool box?

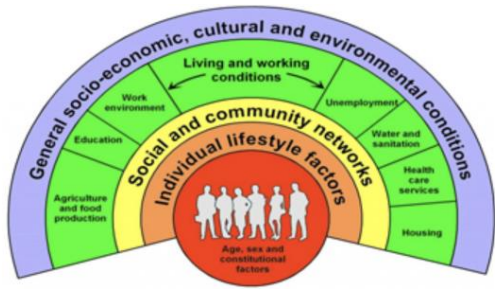




Sources of Support



- Mental Health and Money Advice <https://www.mentalhealthandmoneyadvice.org/en/>
- Breathing Space <https://breathingspace.scot/>
- Scottish Women's Aid <https://womensaid.scot/>
- Men's Advice Line <https://www.respect.uk.net/pages/men-s-advice-line>
- Rape Crisis Scotland <https://www.rapecrisisscotland.org.uk/>
- National wellbeing hub <https://wellbeinghub.scot/>
- Samaritans <https://www.samaritans.org/?nation=scotland>



Further wellbeing resources...

- [Understanding your own Trauma - Solihull Approach \(Please note the 'access code' for this package is 'TARTAN'\). This link will open in a new window.](#)
- [Taking care of myself resources - NES. This link will open in a new window.](#)
- [Protecting the psychological wellbeing of staff for Managers and Team Leaders. This link will open in a new window.](#)
- [Psychological First Aid emodule. This link will open in a new window](#)
- [.Supporting a mentally healthy workplace](#)