

Trauma informed self-care

Strategies for identifying secondary exposure risks and maintaining wellness when providing trauma informed care.




GVHealth

Sally Robson

Senior AOD Social Worker – GVADS

BSW, Grad. Cert. Mental Health, AMHSW (AASW).



“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.”

Dr. Naomi Rachel Remen

What is trauma?

Trauma is the emotional, psychological and physiological residue left over from heightened stress that accompanies experiences of threat, violence, and life-challenging events.

- ADF, 2020.

Prevalence of trauma in the community

75 % of Adult Australians have experienced a traumatic event.

Internationally, 62-68% of young people have been exposed to a traumatic event by the age of 17.

12% of Australians experience PTSD in their lifetime.

- ABS 2022.

Prevalence of trauma in health settings



90% of public mental health clients have experienced trauma

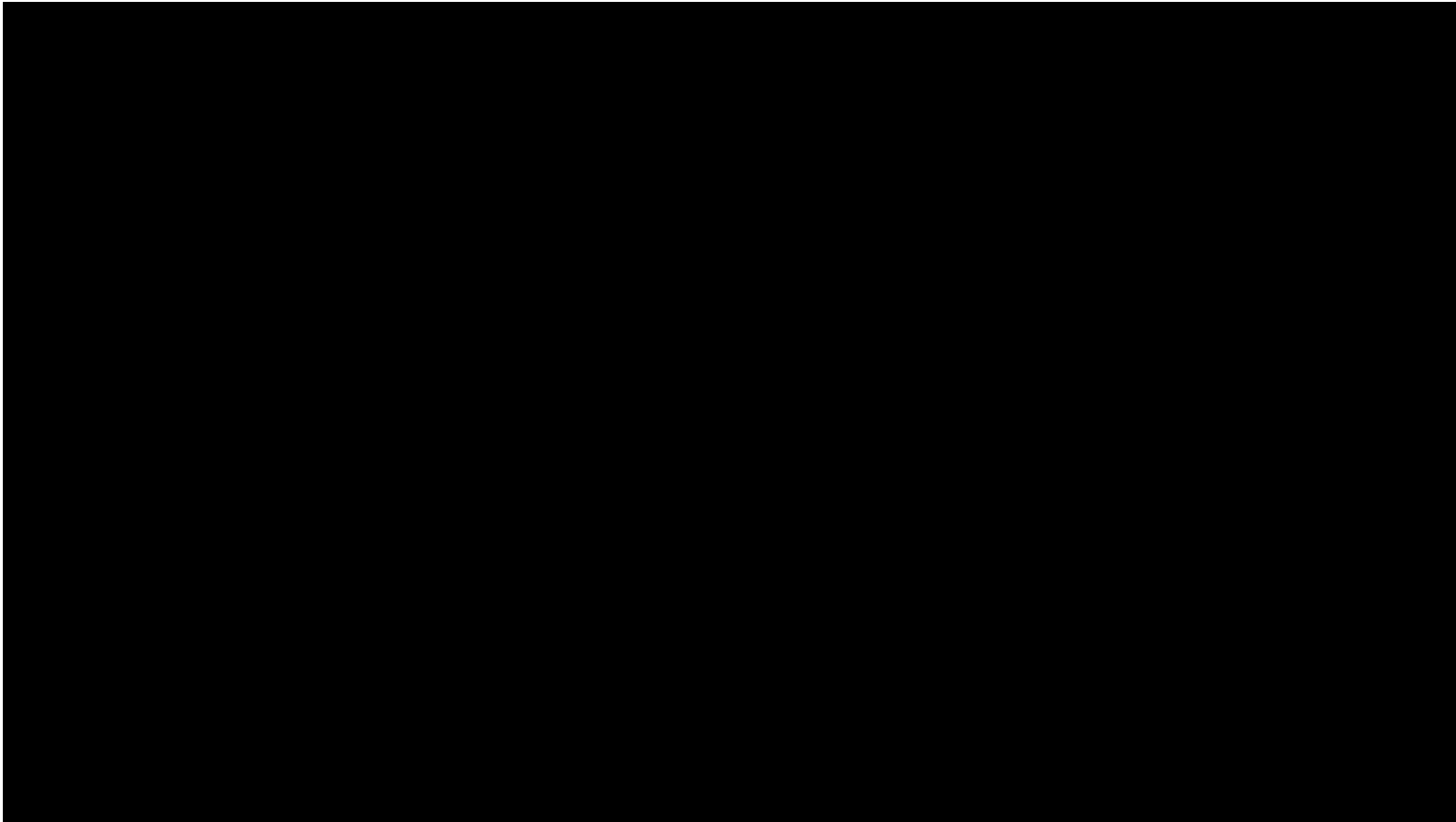
-State of Victoria, DHHS, 2015.

50-60% people in addiction treatment settings have symptoms of PTSD.

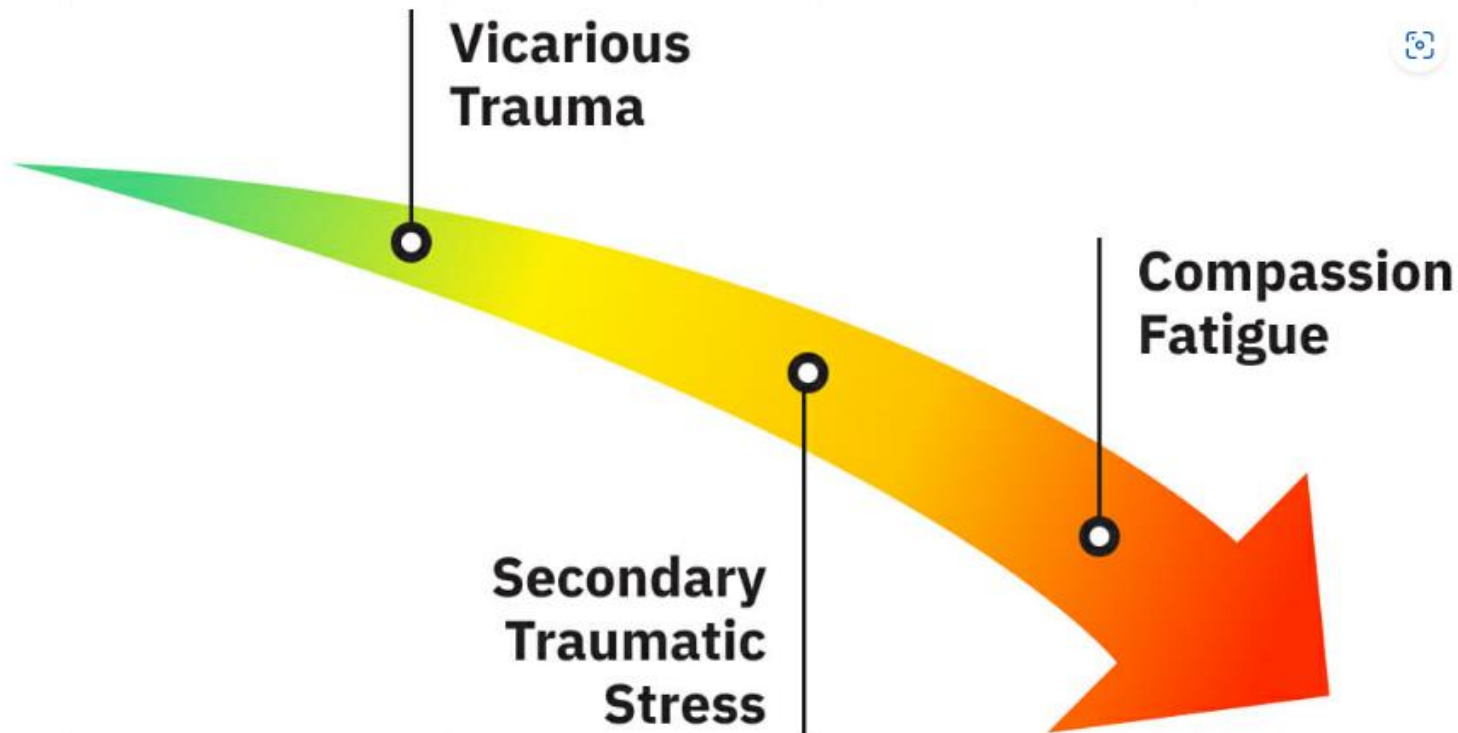
- Arunogiri and Mills, 2020



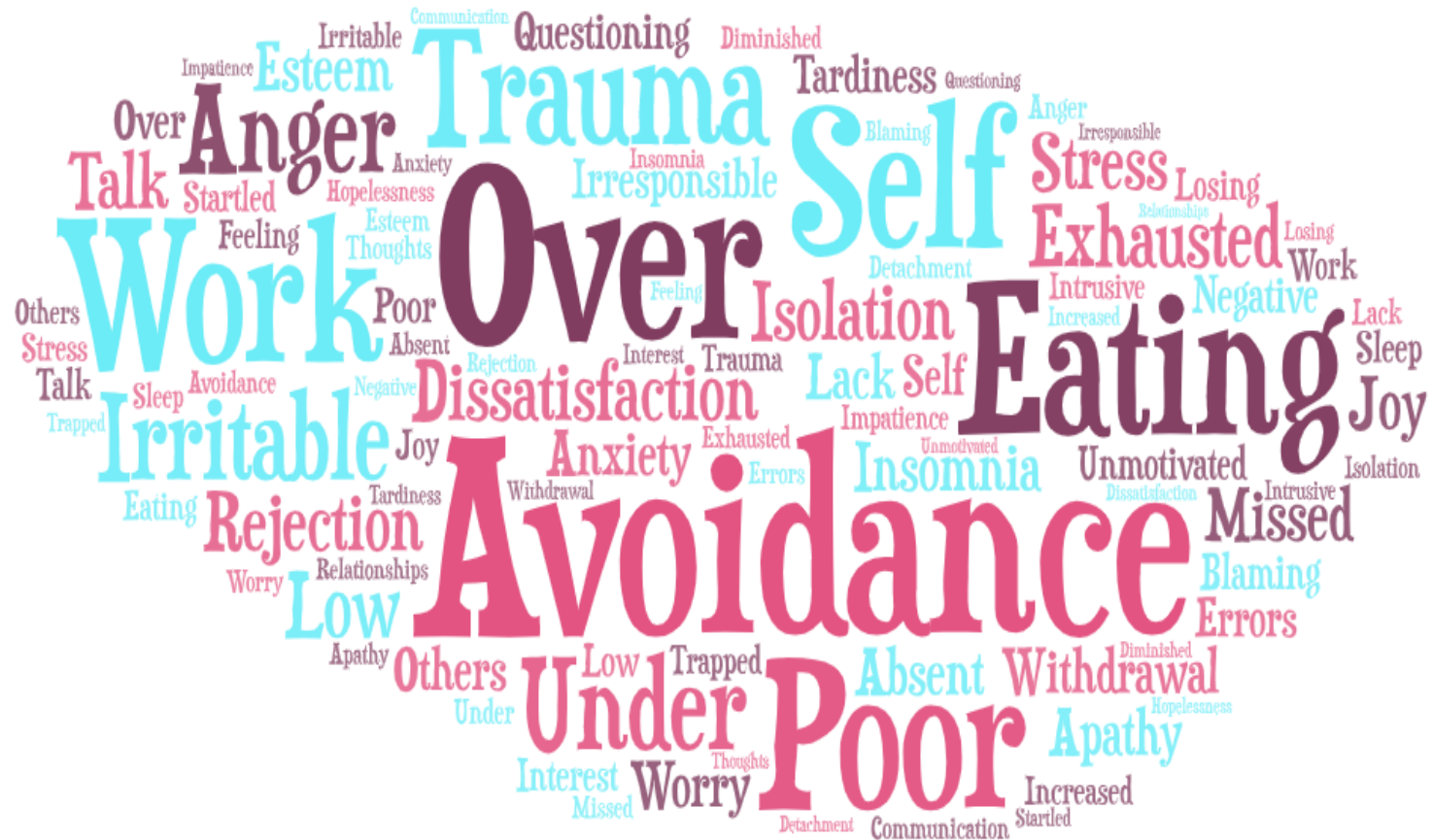
Causes of Vicarious Trauma



Professional Trauma and Fatigue



Boucher, 2022

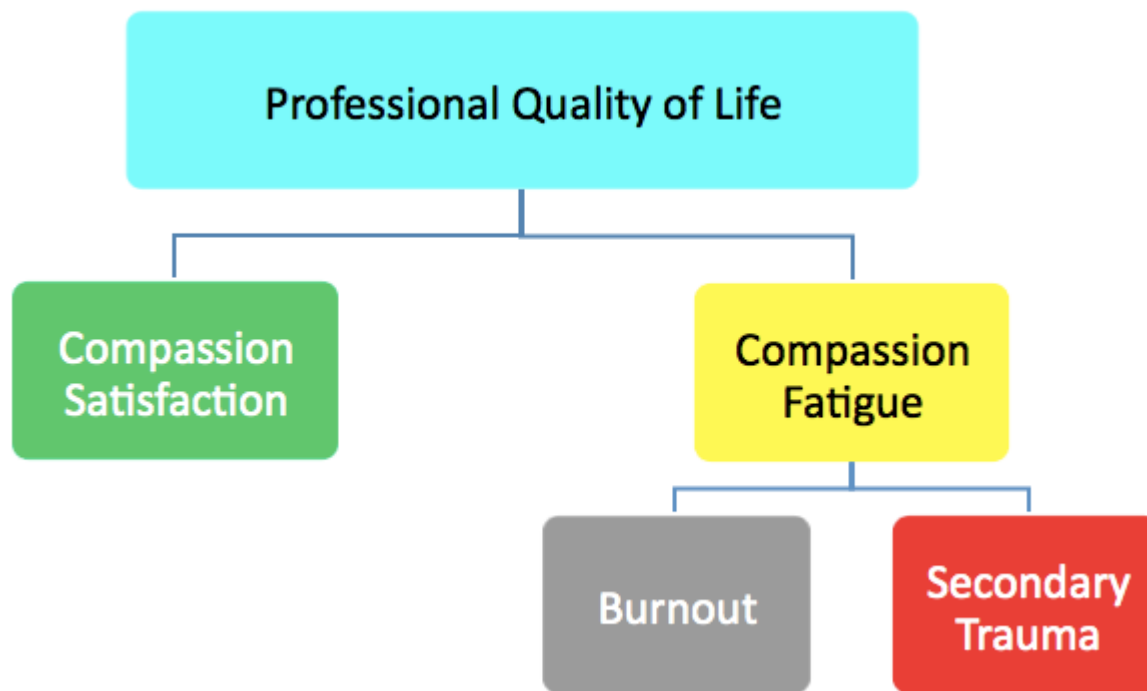


Stress, trauma and work: how to look after yourself



<https://youtu.be/DOQWa-T1sh0>







Pro
QOL

.....

Professional Quality of Life



<https://survey.alchemer.com/s3/6727286/Professional-Quality-of-Life-Measure-ProQOL-5-0>

Stamm (2010)



Healthy Communities



Professional Quality of Life Scale - 5 (ProQOL)

Instructions:

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the answer that honestly reflects how frequently you experienced these things in the last 30 days. When answering feel free to replace the word "help" with another word that better reflects your work.

		Never	Rarely	Sometimes	Often	Very Often
1	I am happy.	5	4	3	2	1
2	I am preoccupied with more than one person I [help].	1	2	3	4	5
3	I get satisfaction from being able to [help] people.	1	2	3	4	5
4	I feel connected to others.	5	4	3	2	1
5	I jump or am startled by unexpected sounds.	1	2	3	4	5
6	I feel invigorated after working with those I [help].	1	2	3	4	5
7	I find it difficult to separate my personal life from my life as a [helper].	1	2	3	4	5
8	I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].	1	2	3	4	5
9	I think that I might have been affected by the traumatic stress of those I [help].	1	2	3	4	5
10	I feel trapped by my job as a [helper].	1	2	3	4	5
11	Because of my [helping], I have felt "on edge" about various things.	1	2	3	4	5
12	I like my work as a [helper].	1	2	3	4	5
13	I feel depressed because of the traumatic experiences of the people I [help].	1	2	3	4	5
14	I feel as though I am experiencing the trauma of someone I have [helped].	1	2	3	4	5



		Never	Rarely	Sometimes	Often	Very Often
15	I have beliefs that sustain me.	5	4	3	2	1
16	I am pleased with how I am able to keep up with [helping] techniques and protocols.	1	2	3	4	5
17	I am the person I always wanted to be.	5	4	3	2	1
18	My work makes me feel satisfied.	1	2	3	4	5
19	I feel worn out because of my work as a [helper].	1	2	3	4	5
20	I have happy thoughts and feelings about those I [help] and how I could help them.	1	2	3	4	5
21	I feel overwhelmed because my work load seems endless.	1	2	3	4	5
22	I believe I can make a difference through my work.	1	2	3	4	5
23	I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].	1	2	3	4	5
24	I am proud of what I can do to [help].	1	2	3	4	5
25	As a result of my [helping], I have intrusive, frightening thoughts.	1	2	3	4	5
26	I feel "bogged down" by the system.	1	2	3	4	5
27	I have thoughts that I am a "success" as a [helper].	1	2	3	4	5
28	I can't recall important parts of my work with trauma victims.	1	2	3	4	5
29	I am a very caring person.	5	4	3	2	1
30	I am happy that I chose to do this work.	1	2	3	4	5

Developer Reference:

B. Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). www.proqol.org.

[Administer Now](#)

Putting your own mask on first metaphor



The 5 Pillars of Protection



Boucher, 2022

Domains of self care



Truandwell, 2022

Helpful websites

Professional Quality of Life – ProQOL

<https://proqol.org/proqol-1>

GV Health – Employee Assistance Program

<http://gvhintranet/staff/Pages/Employee-Assistance-Program.aspx>

Nursing & Midwifery Health Program

www.nmhp.org.au

Victorian Doctors Health Program

www.vdhp.org.au

Thank you



Healthy Communities