

Wearing Thin:

Understanding and Navigating Secondary Trauma



TODAY'S Agenda

Check In

Review Definitions

Secondary Trauma Facts v Myths

Podcast Discussion

Name It to Tame It

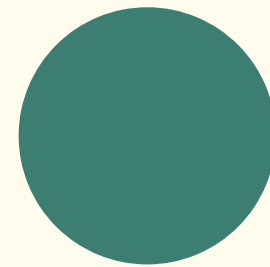




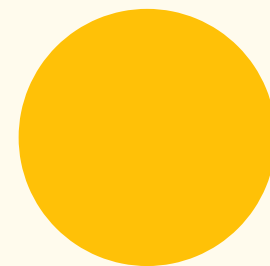
Icebreaker

Traffic Light Check In

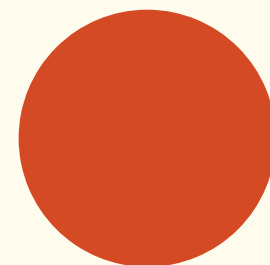
Let's assess our emotional readiness.



Feeling Good / Regulated



Getting Stressed



Overwhelmed / Checked Out



Secondary Traumatic Stress

The emotional duress resulting from hearing traumatic stories from the families you work with on a regular basis.



Compassion Fatigue

The negative aspect of helping those who experience traumatic stress and suffering, which can lead to deep emotional and physical exhaustion.





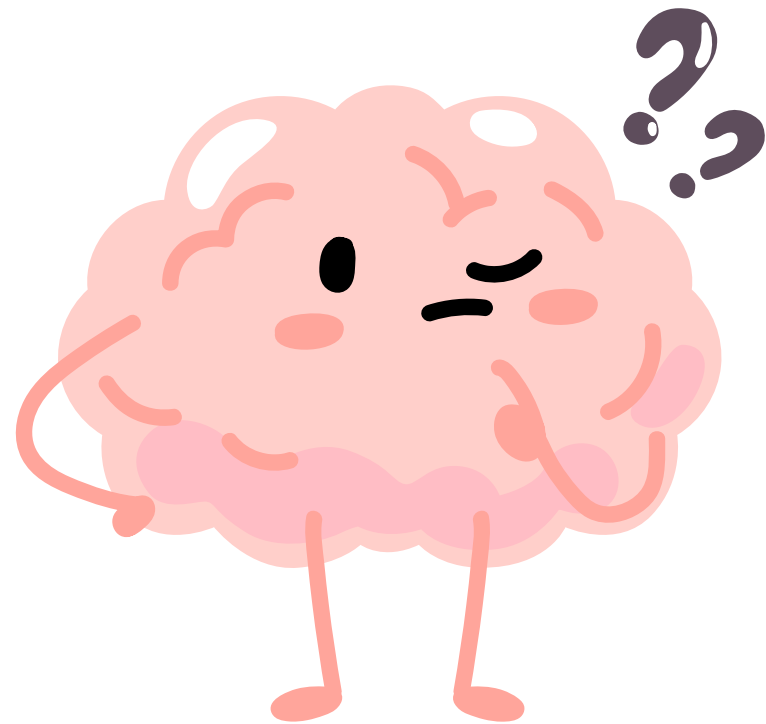
Burnout

Feelings of hopelessness and difficulties in dealing with work or doing the job effectively.

Myth Busting Secondary Trauma



How it works...

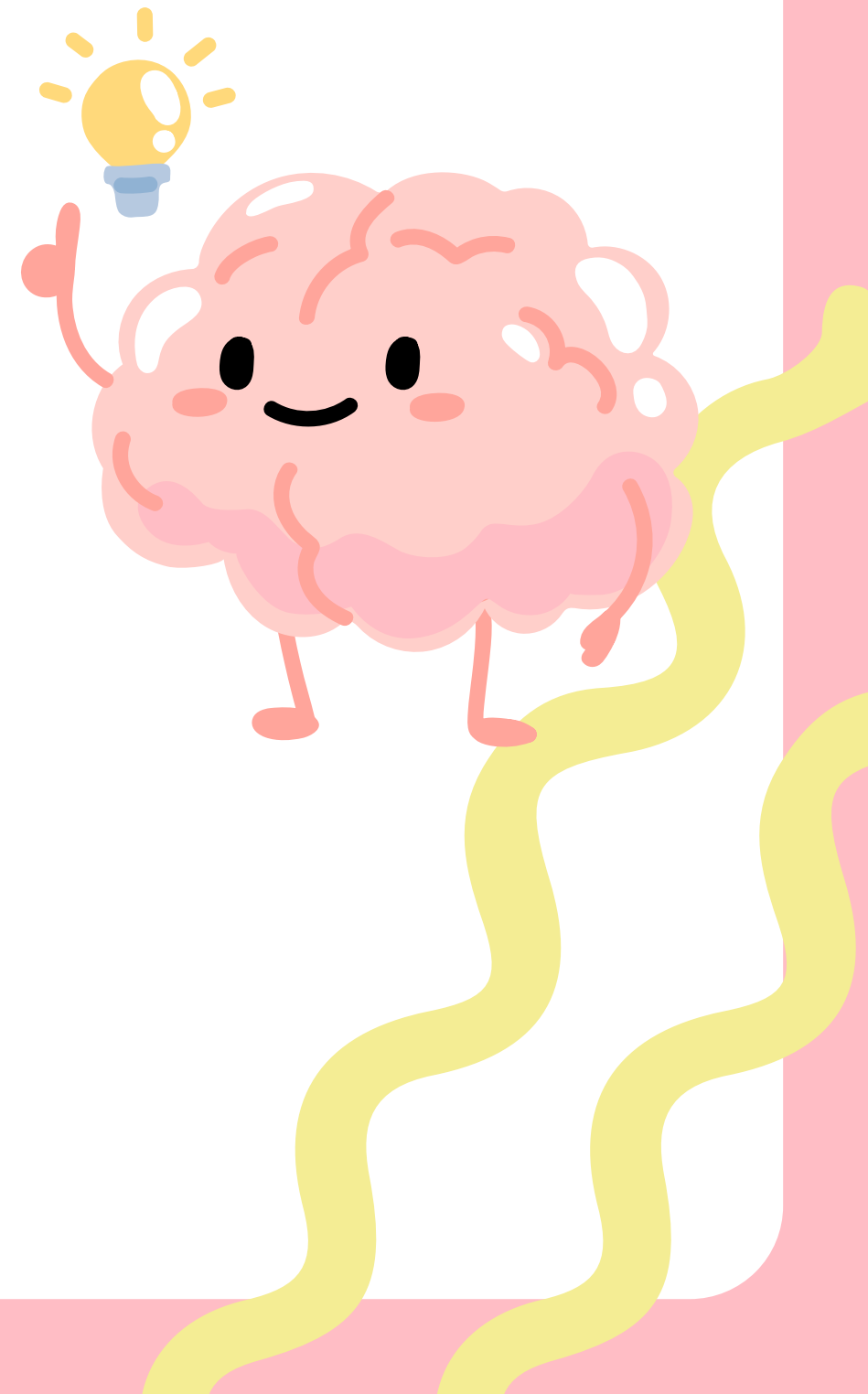


Read each statement carefully

Decide if it's FACT or MYTH

Use the chat to submit your answer

We'll discuss each one together!

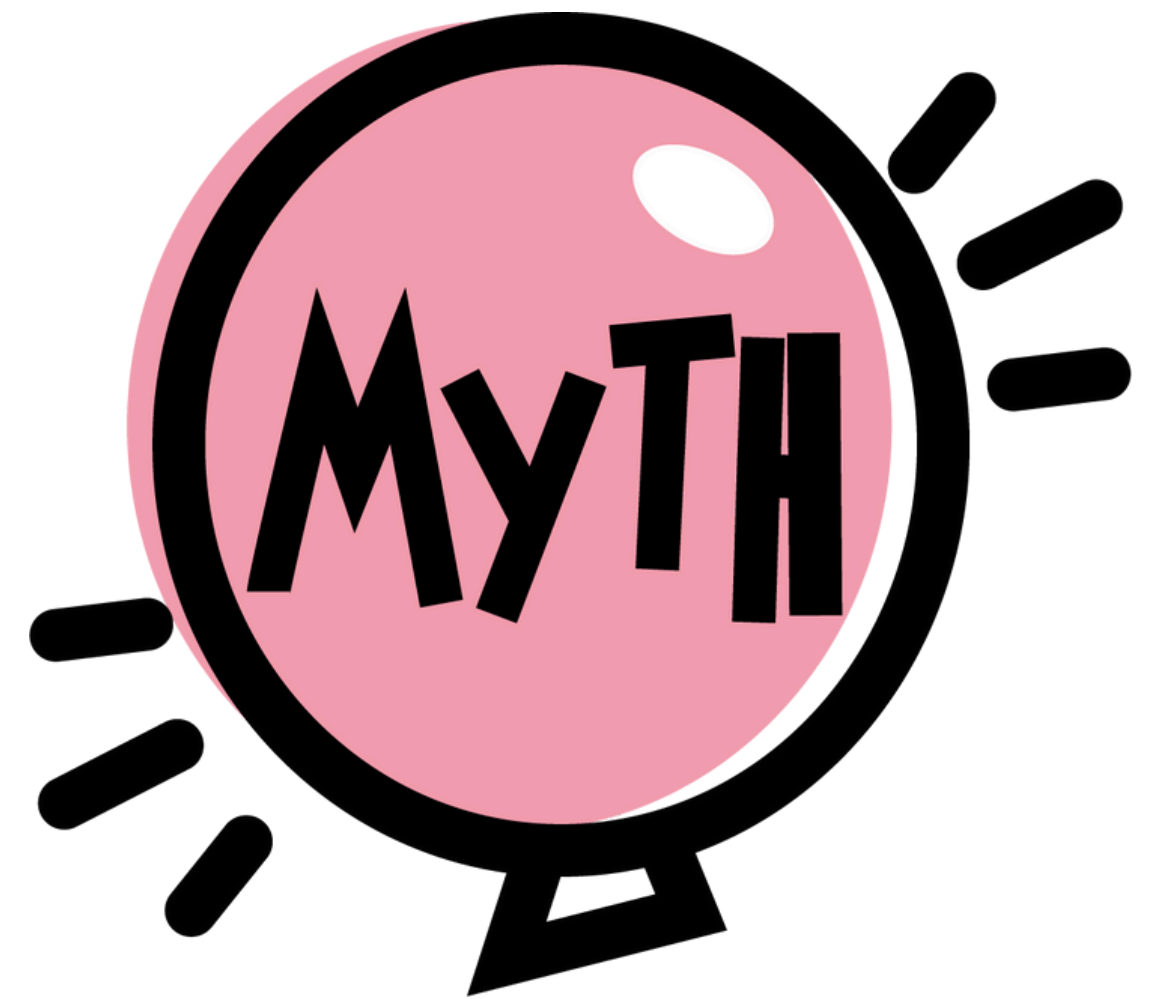


Secondary trauma only
happens to people who
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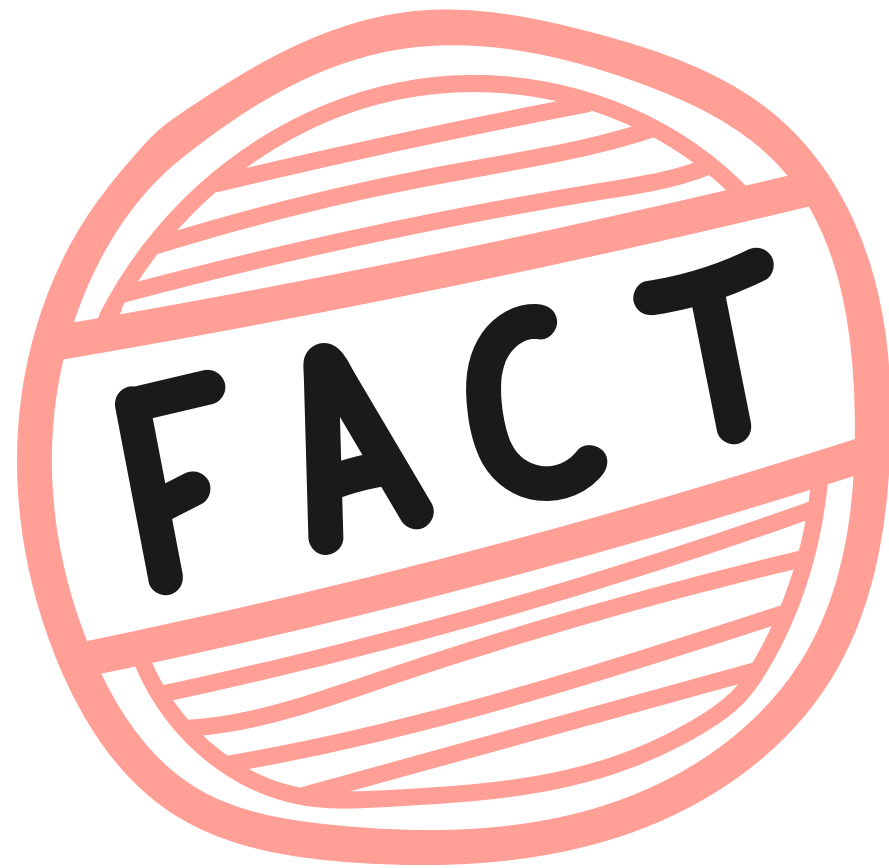
Secondary Trauma affects the
most resilient professionals. It is a
result of exposure, not personal
weakness.



Human service professionals
are at high risk for secondary
traumatic stress.



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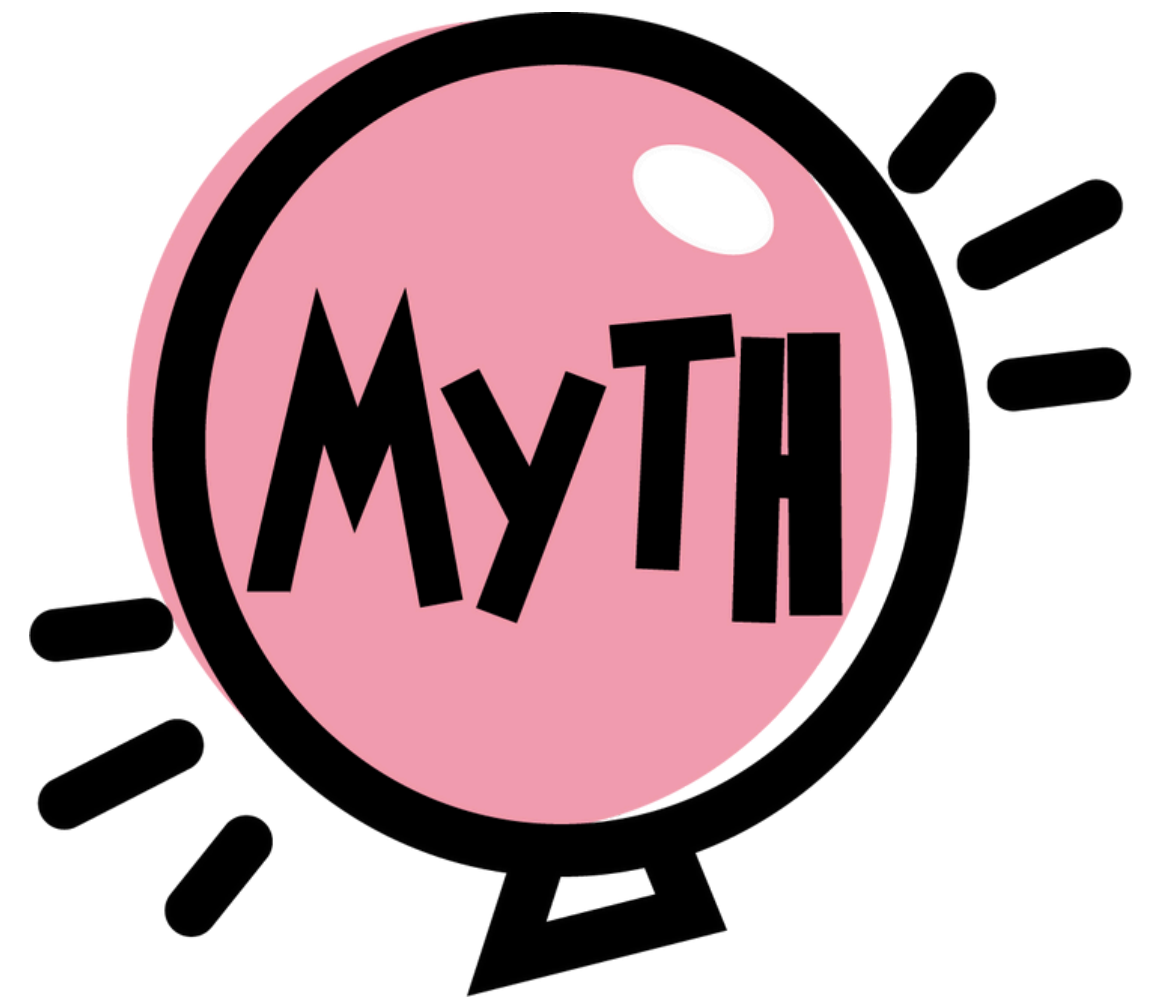
Due to repeated exposure of others' trauma, they are particularly vulnerable.

Talking about trauma at work
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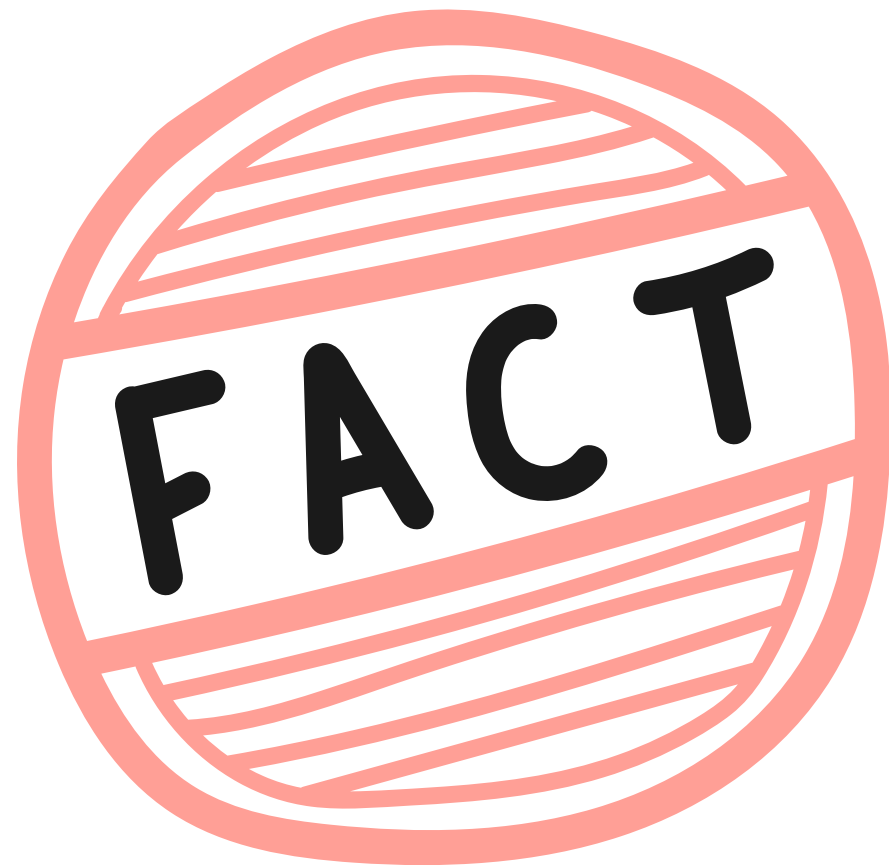
Open conversations reduce isolation
and promote shared resilience.



Symptoms of secondary
trauma can mimic PTSD.

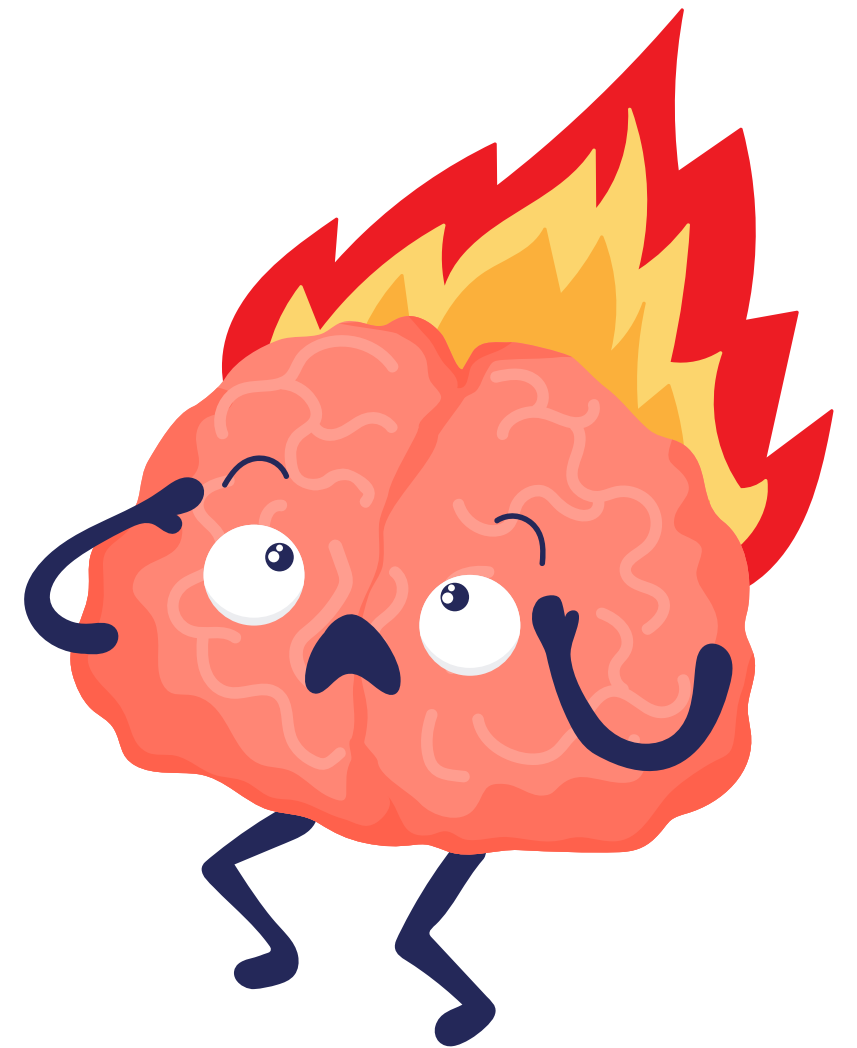


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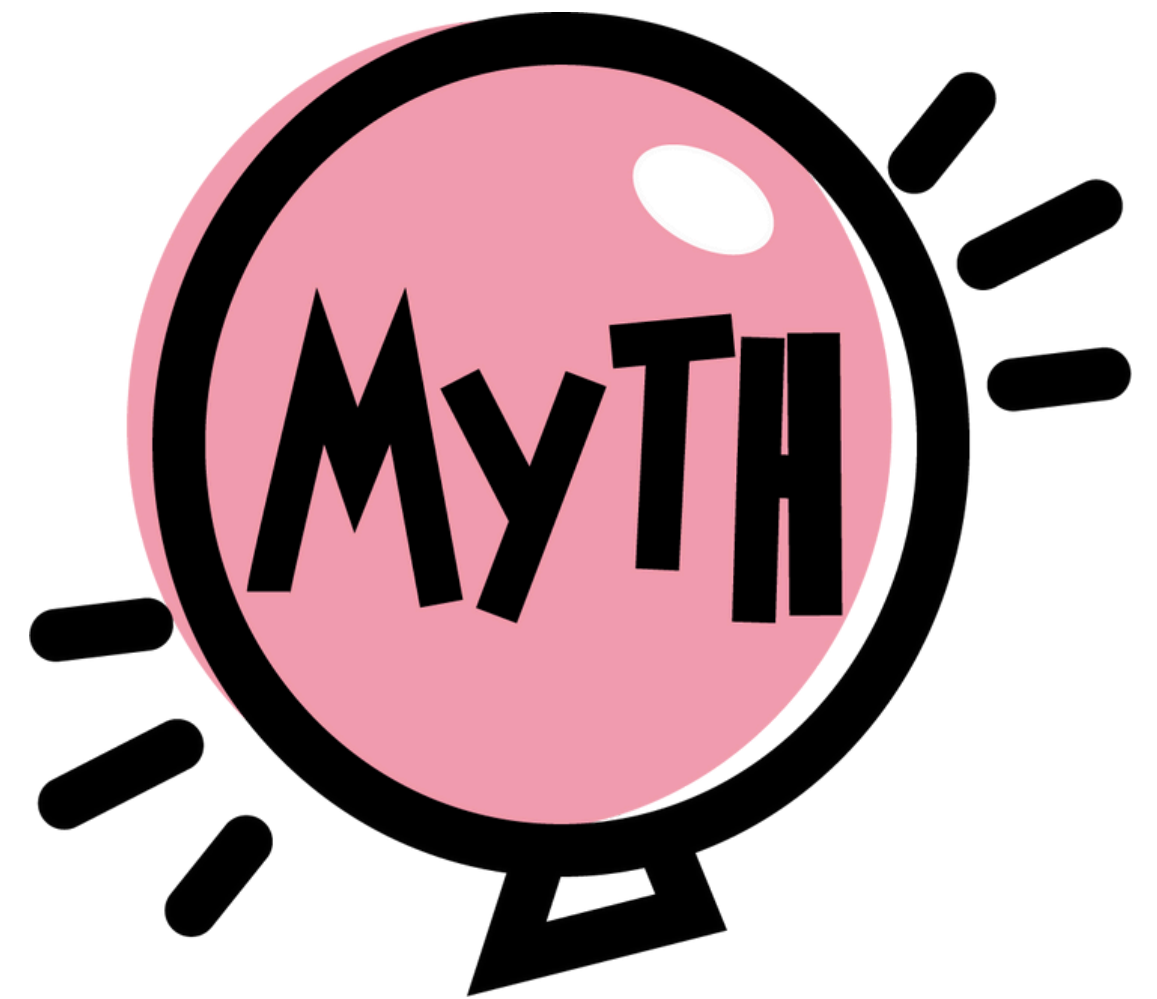
People may experience intrusive thoughts,
avoidance, or emotional numbing – similar to
PTSD.

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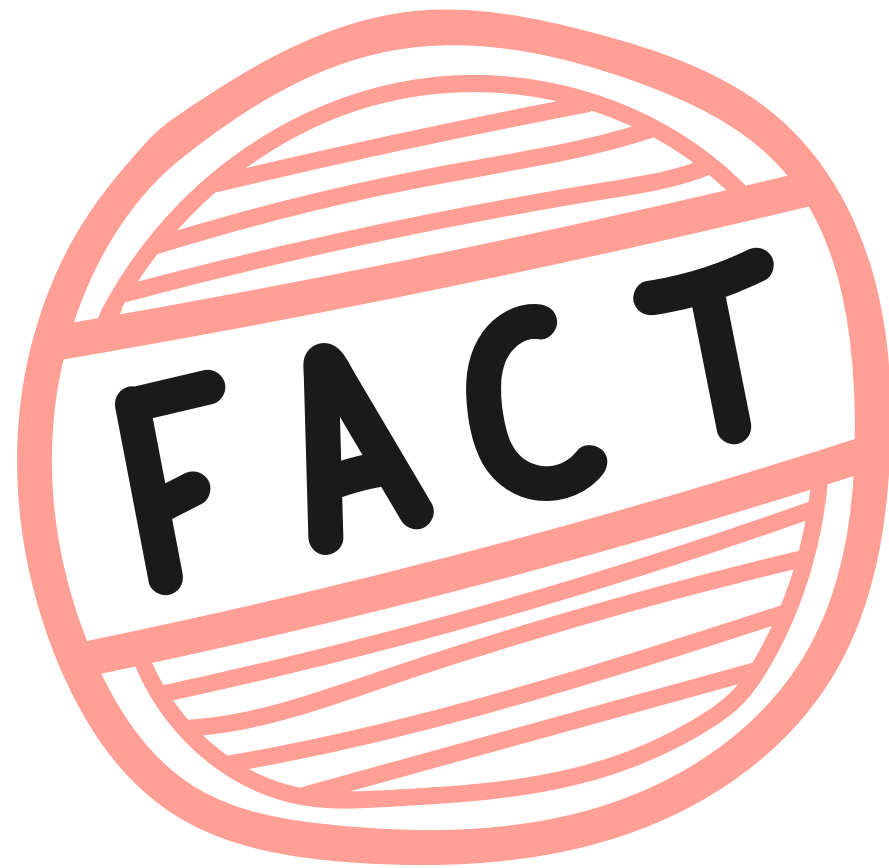
Burnout and STS come from a lack
of support and self-care, not from
caring deeply.



Taking care of yourself is
part of being ethical and
effective in your role.

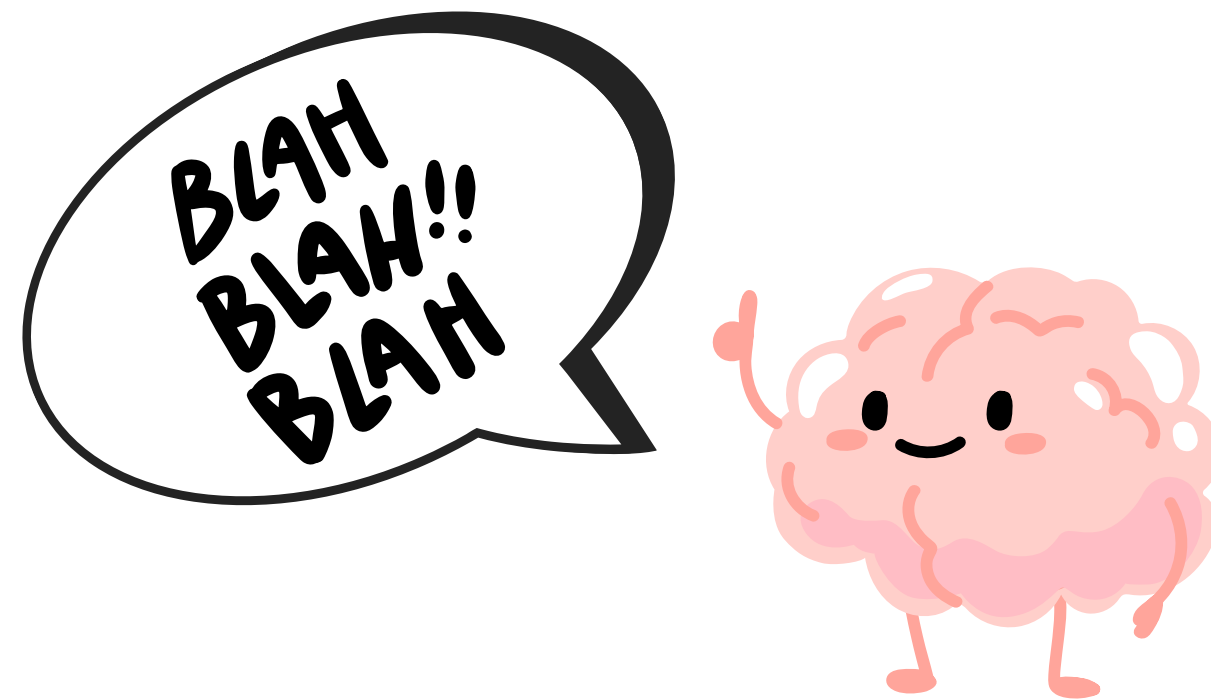


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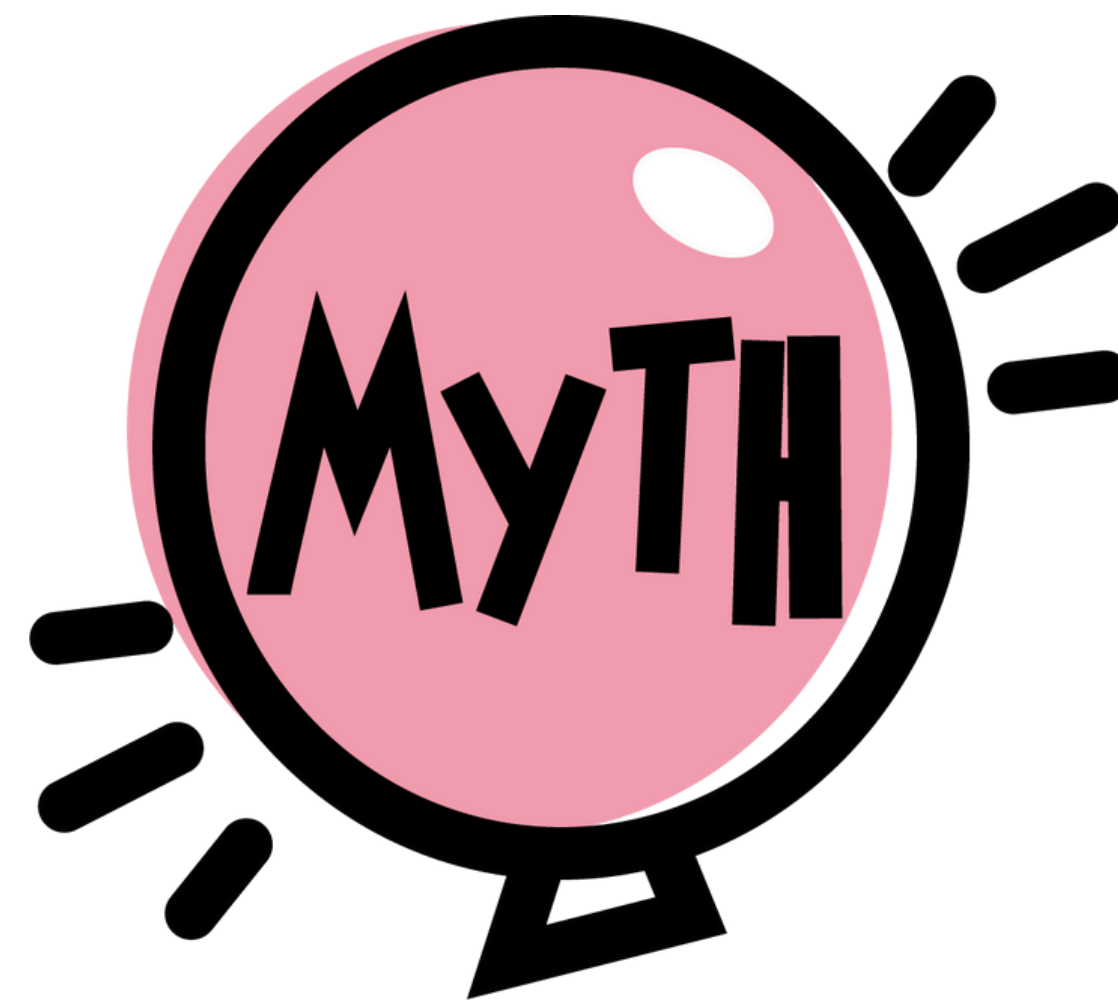
Self-care sustains your capacity to serve
others safely and compassionately.

Therapy is only for people
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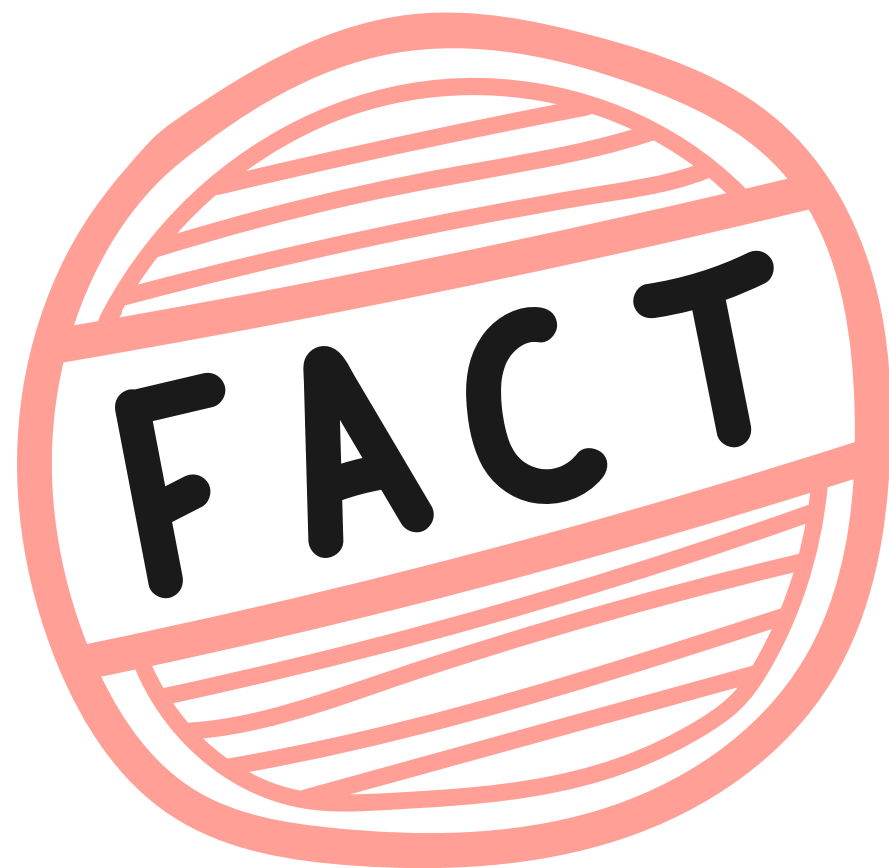
Therapy is a valuable tool for
professionals managing vicarious
trauma.



Awareness and education
about secondary trauma
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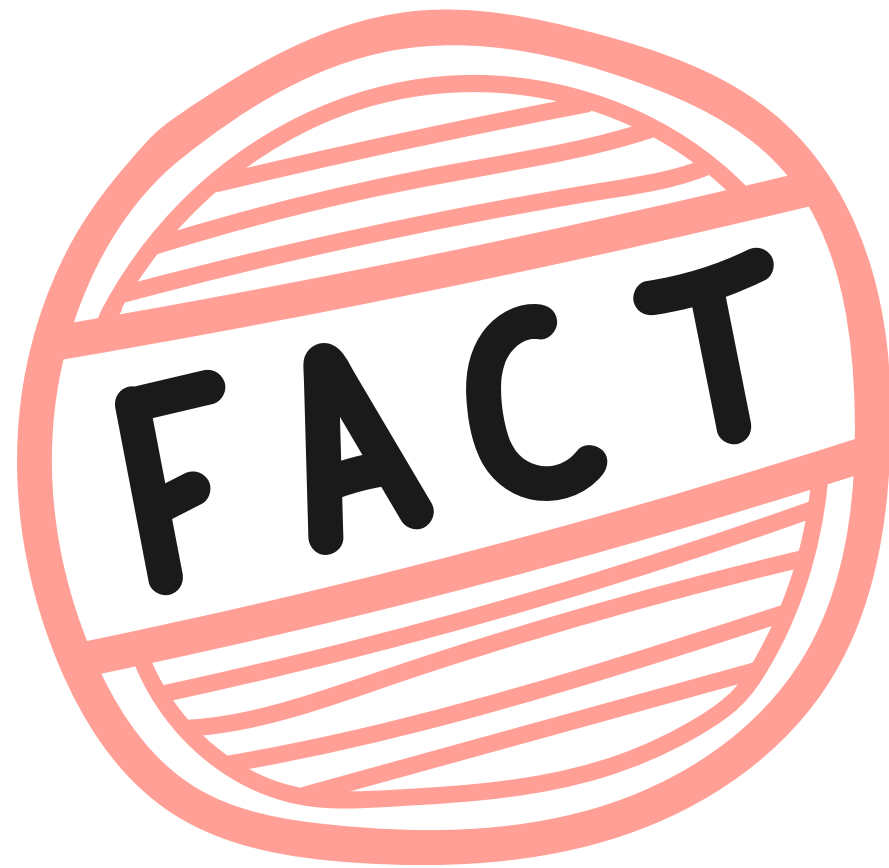


Knowledge helps professionals recognize symptoms early and access support.



It is possible to recover
from secondary trauma
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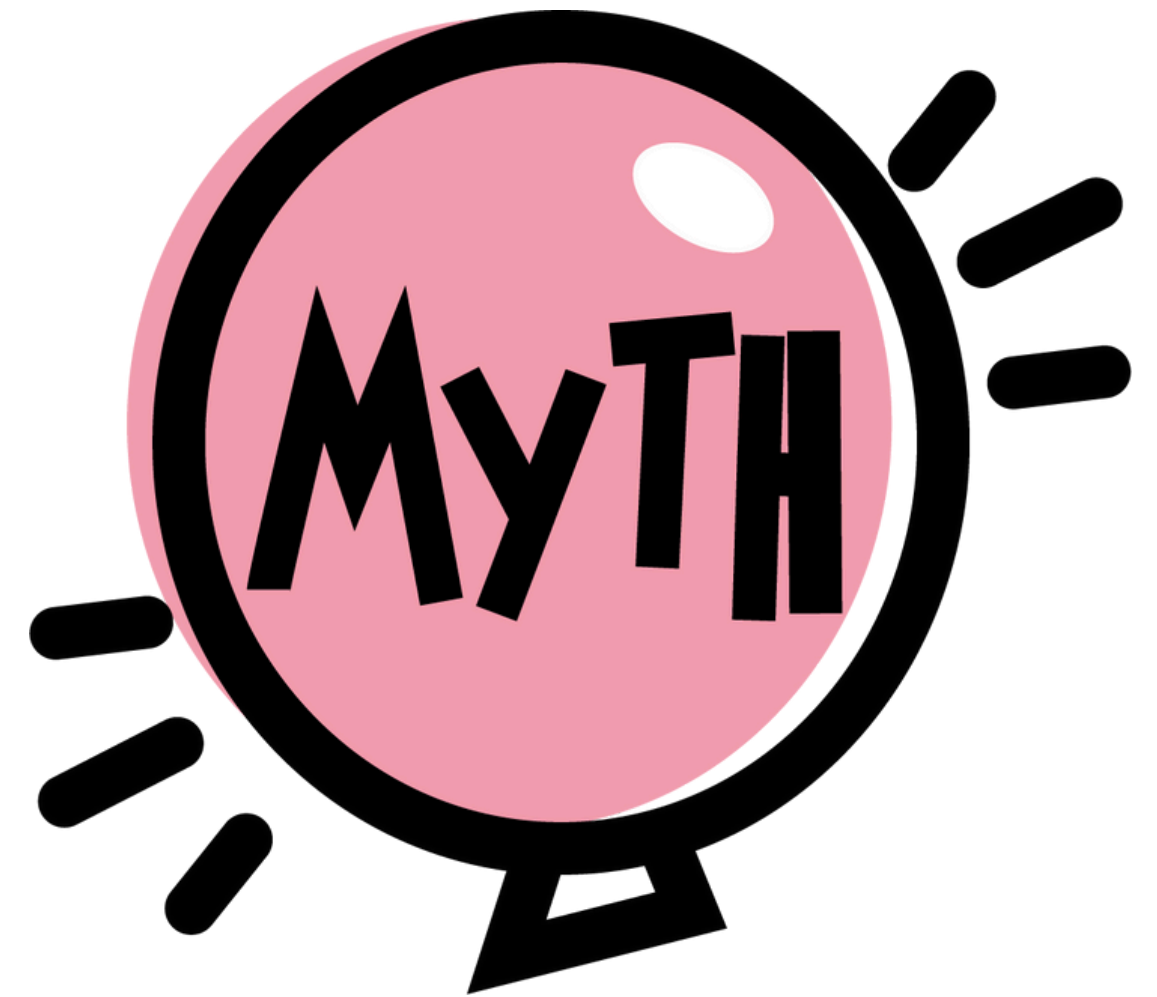
With reflection, rest, and resources, professionals can recover and thrive.

Secondary trauma
builds up slowly over
time – you'll always
see it coming.



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STS can emerge gradually or
suddenly after a single incident.

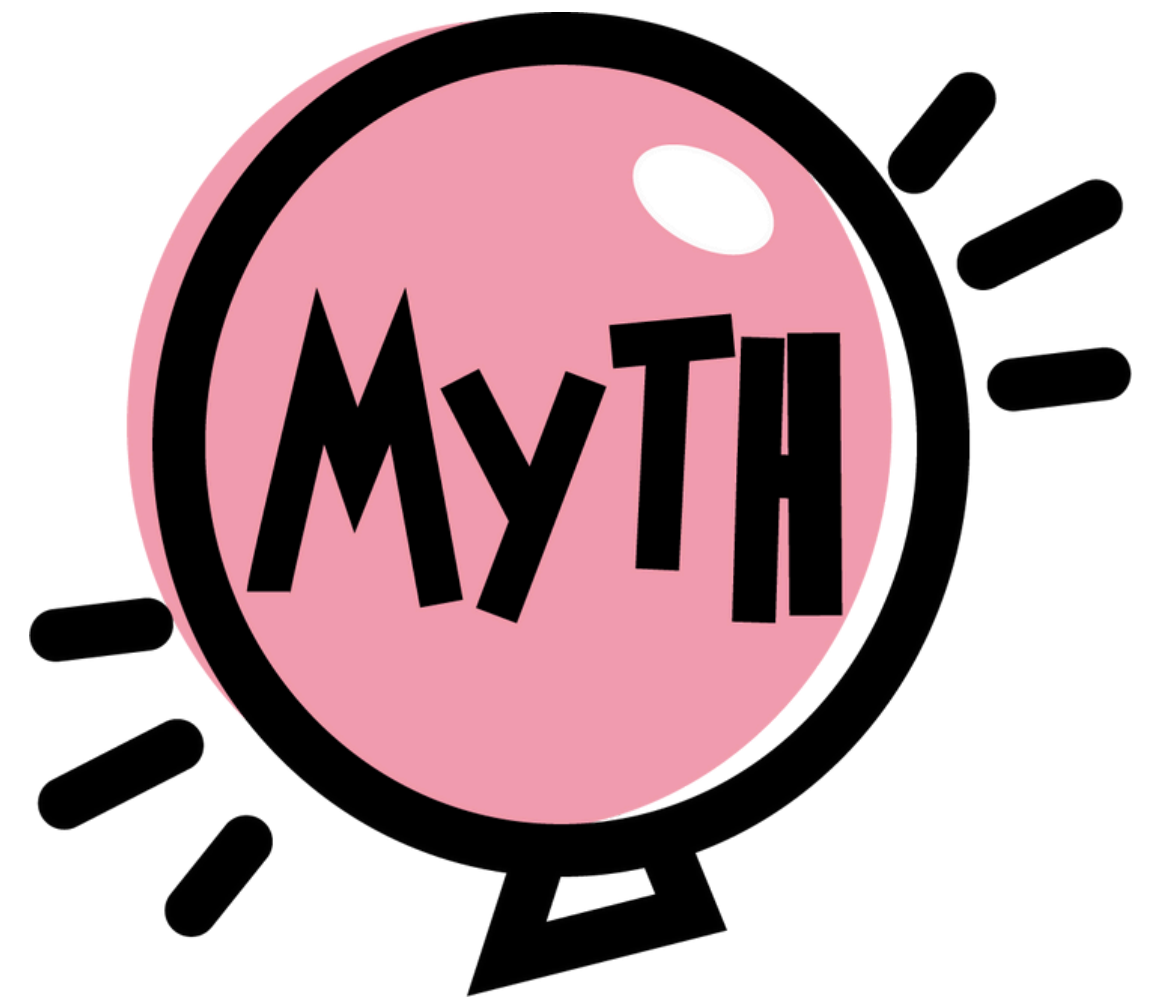


Taking a break or using
PTO is selfish when clients
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Rest is essential for sustainability.
You are not effective when you're
depleted.

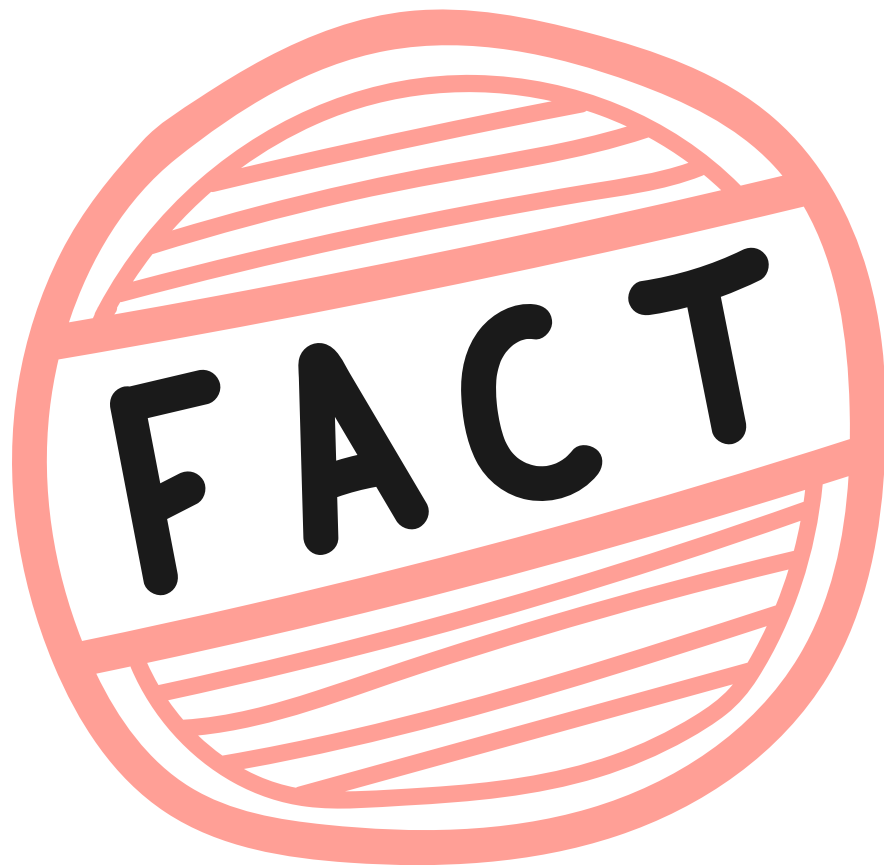




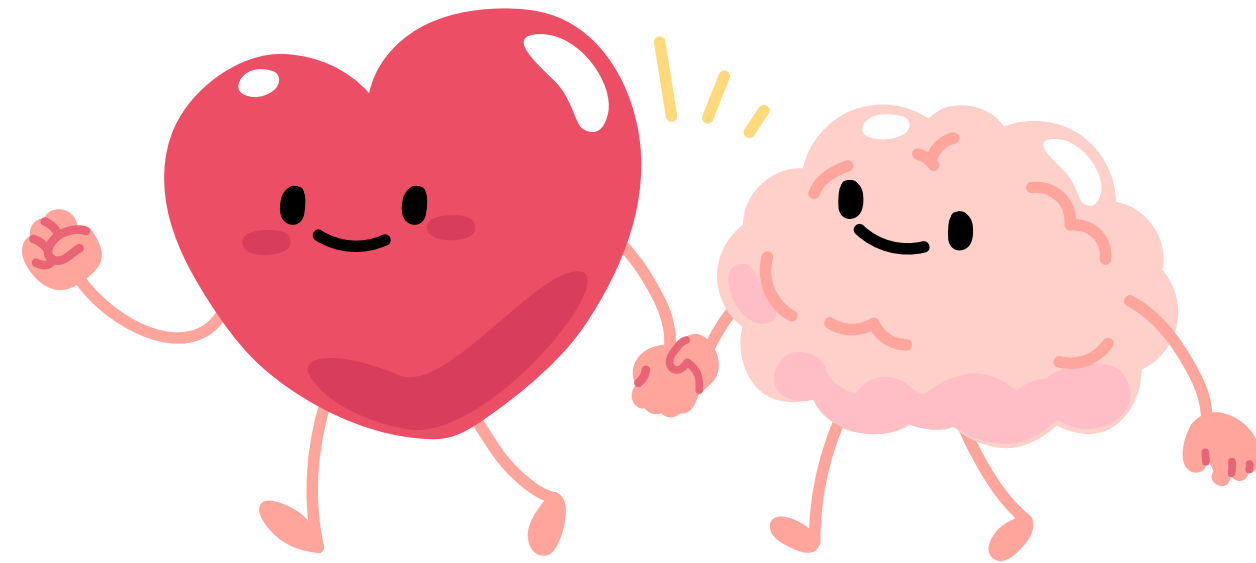
Secondary trauma is a
normal response to repeated
exposure to other's trauma.



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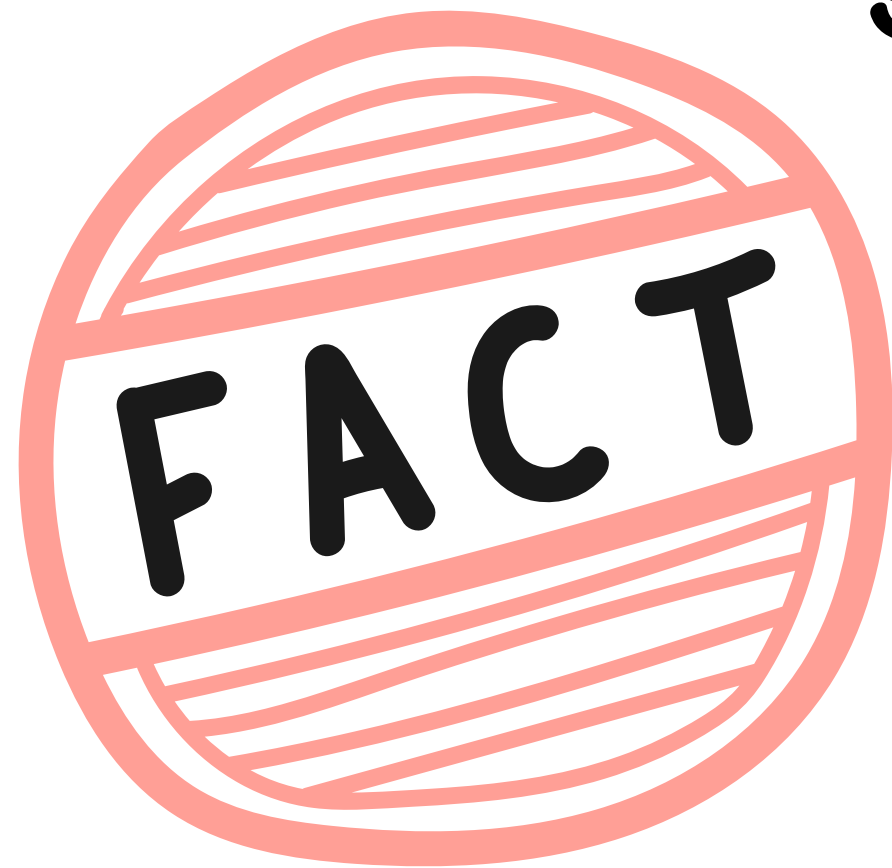


It is not a sign of failure or weakness – it's a predictable occupational hazard for helping professionals.



Supportive supervision and peer
connection can reduce the
impact of secondary trauma.

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Reflective supervision, team debriefing, and peer support help professionals process trauma and maintain resilience.

Podcast Discussion



Name It To Tame It

*Let's compile a list for us to
refer to when we need it*

What are signs that you, or a
colleague, might be
experiencing secondary
trauma?

What are things you will want or
need to cope with secondary
trauma?

