



Wearing Thin:

Understanding and Navigating Secondary Trauma

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.



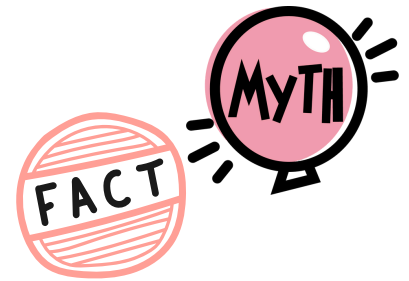
Burnout

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





Myth Busting Secondary Trauma



Statement	Myth	Fact
Secondary trauma only happens to people who are weak.		
Human service professionals are at high risk for secondary traumatic stress.		
Talking about trauma at work makes things worse.		
Symptoms of secondary trauma can mimic PTSD.		
If you care too much, you'll burn out.		
Taking care of yourself is part of being ethical and effective in your role.		
Therapy is only for people with personal trauma.		
Awareness and education about secondary trauma are protective factors.		
It is possible to recover from secondary trauma with the right support.		
Secondary trauma builds up slowly over time – you'll always see it coming.		
Taking a break or using PTO is selfish when clients need you.		
Secondary trauma is a normal response to repeated exposure to other's trauma.		
Supportive supervision and peer connection can reduce the impact of secondary trauma.		



Name It To Tame 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?**

