Secondary Trauma
What will we talk about?

• What is secondary trauma?
• What are causes of secondary trauma?
• Recognizing the signs of secondary trauma
• Ways to prevent secondary trauma
• How to cope with secondary trauma
• Secondary trauma and your other children
What is secondary trauma?
Trauma occurs when there is a real or threatened loss of life or physical harm, either personally experienced or witnessed.
Secondary Trauma is the emotional duress that results when an individual hears about the firsthand traumatic experiences of another.
With secondary trauma, you feel a stress that comes from wanting to help your traumatized child. You may start to feel as if your child’s traumatic experience actually happened to you.
Causes of secondary trauma
Empathy

Insufficient Recovery Time

Unresolved Personal Trauma

Vulnerability of Children
Something to think about…

Which of the four points resonate with you?
How to recognize if you are experiencing secondary trauma
Trauma Symptoms:

• Intrusive Images
• Jumpy/Nervous
• Difficulty Concentrating
• Nightmares
• Shut Down
• Change of Worldview
• Hopeless & Helpless
• Struggle with Anger
• Lose Perspective
• Feel Isolated from Others
• Inappropriate or disproportionate response to child
• Avoid Further Exposure
• Headaches, Sadness, Cynicism, Back Aches.
Group Discussion:

Which point resonates the most with you?
Ways to prevent secondary trauma
Life Balance
Relaxation Techniques
Enjoy Nature
Have a Creative Outlet

STAY CREATIVE
Assertiveness Training
Interpersonal Communication Skills
Time Management
Plan To **Take Time** To Cope
Have A Support System
How to cope with secondary trauma
Evaluate:

Are there specific images or traumatic events that keep coming to your head again and again?

Are there situations with children that make you anxious and you try to avoid?

Are there situations or people that remind you of a specific traumatic event?
Focus on self-care
Join a **support** group
Recognize success & create meaning
Meet with a trauma specialist.
Group Discussion:

What has helped you as you have recognized the signs of secondary trauma during this journey?
Hope Anew Community

Alisha

Tiffany
Secondary trauma and your other children
Signs your child may be experiencing secondary trauma:

**Emotionally:** angry, sadness, anxiety, cynical, irritable with family members
Signs your child may be experiencing secondary trauma:

**Physically:** headaches, stomach aches, constipation
Ways to help our children:

Counseling

Evaluation

Individual Attention
Group Discussion:

1. What has helped your family when you recognize your children are struggling emotionally with traumatic experiences?

2. How do you give individual attention to each of your children?
“Extended periods of high demand or severe trauma take a toll on these earthen vessels of heavenly purpose. Burnout, depression, and posttraumatic stress can be the result.”

~ Frauke Schaefer
Trauma-Related Professional Help

• Intensive Trauma Therapy (ITT)

• Eye Movement Desensitization and Reprocessing (EMDR)

• Somatic Experiencing (SE)

• Trauma-focused Cognitive Behavioral Therapy (TF-CBT)
Q & A

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