

# Expert

# Q & A

## Addressing Vicarious Trauma for the Individual

**Moderator:**  
Victoria Shelton

**Featured Host:**  
Barbara Rubel

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**OVCTTAC**  
OFFICE FOR VICTIMS OF CRIME Training and Technical Assistance Center

*Note: This session will be recorded and posted on the Past Sessions tab when available. The audio for today's session will play through your computer speakers.*

# Technical Overview

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- If you are experiencing any technical issues with the audio for this session, please let us know in the Chat box.
- As with all technology, we may experience a momentary lapse in the webinar session. In the event of a problem, please be patient and remain on the line. If the problem persists, please contact our technical specialist, Kaila Hough, by sending her a private chat or by emailing her at [khough@ovcttac.org](mailto:khough@ovcttac.org) for technical assistance.
- Today's session will be recorded and made available on the OVC TTAC Expert Q&A Past Sessions tab, along with a copy of the PowerPoint.



# Featured Host

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**Barbara Rubel, M.A.,  
B.C.E.T.S., D.A.A.E.T.S.**



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# Q&A

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Do you have tips for identifying compassion fatigue and burnout?



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# Q&A

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What are some ways to identify secondary trauma in team members?



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How can I recognize the signs or symptoms of vicarious trauma in myself and others?



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What are the best ways to teach staff about vicarious trauma?



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How can agencies do more to support staff instead of just telling them to “do self-care”?



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What are best preventive measures to reduce vicarious trauma?



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# Q&A

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Can you suggest coping skills for when you have tough cases?



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# Q&A

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What are some ways we can reinforce boundaries when vicarious trauma is potentially an issue?



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# Q&A

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What are helpful ways to support a coworker who you see is being impacted by vicarious trauma, compassion fatigue, and perhaps their own PTSD, but they don't seem to see it or admit it?



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# Q&A

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What are some ways to de-stress when you're short on time?



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# Q&A

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Have you found anything that is helpful for working with first responders?



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# Q&A

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How can I assist my staff with vicarious trauma-related issues?



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# Q&A

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What are some ways we can limit the effects of vicarious trauma?



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# Measuring Instruments To Screen for Secondary Traumatic Stress, Burnout, Compassion Fatigue, or Vicarious Trauma

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- Compassion Satisfaction and Fatigue Test (CSFT)  
[http://www.practicenotes.org/vol10\\_n3/Stamm.pdf](http://www.practicenotes.org/vol10_n3/Stamm.pdf)
- Professional Quality of Life (ProQoL) Scale (assesses burnout, secondary traumatic stress, and compassion satisfaction)  
[http://www.proqol.org/uploads/ProQOL\\_5\\_English.pdf](http://www.proqol.org/uploads/ProQOL_5_English.pdf)
- Maslach Burnout Inventory (BMI) Research Tool (not a clinical tool)
- Self-Compassion Scale
- Secondary Traumatic Stress Scale (STSS)
- Compassion Fatigue Self Test (CFST)  
<http://psychink.com/intest.htm>



# Next Month

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## Topic:

Navigating the SART  
Toolkit

## Date:

Wednesday, September  
26, at 2:00 p.m. eastern  
time

## Featured Hosts:



**Christina Presenti**



**Karla Vierthaler**



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# Before You Leave...

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- Download a **certificate of attendance** for today's session from our Downloads pod, below the PowerPoint.
- For more **resources related to this topic**, please see the Additional Links pod on the right of the screen today, above the Chat box.



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# Thank You!

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- If your question was not addressed in this session, you can email your question to our host:

**Barbara Rubel** at [griefwork@aol.com](mailto:griefwork@aol.com)

- To learn about upcoming Expert Q&A sessions, please visit the OVC TTAC Expert Q&A page at [www.ovcttac.gov/ExpertQA](http://www.ovcttac.gov/ExpertQA).
- Please email us with your Expert Q&A topic suggestions at [ExpertQA@ovcttac.org](mailto:ExpertQA@ovcttac.org).



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