

Moderator:
Claudia Zaborsky

Featured Host:
Angie McCown



Vicarious Trauma in First Responders

May 20, 2020

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

Technical Overview

- 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 emailing her at 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



Angie McCown

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What is vicarious trauma?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What vicarious trauma reactions seem to be most prevalent in first responders?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How can I tell if it is vicarious trauma, depression, burnout, anxiety, or a reaction to the pandemic?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What is the difference between posttraumatic stress disorder (PTSD) and vicarious trauma?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What are the top three things you can do to mitigate vicarious trauma?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What is the best way to deal with stress and vicarious trauma daily?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What are the components of wellness that equip first responders to deal with stress and vicarious trauma?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How can mental health professionals best support first responders?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What resources exist to support first responders, not only with vicarious trauma, but also with the stress of the job?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How can we help our fellow first responders recognize vicarious trauma in themselves?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How do we keep first responders from reaching a point where they feel they have to leave the profession?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How do you explain that not everyone can flourish in a career that creates vicarious trauma inherently?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

How can we approach our chain of command about vicarious trauma and the stress of the job?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What interventions are particularly helpful to those suffering from vicarious trauma?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Q&A

What is Eye Movement Desensitization and Reprocessing (EMDR)?

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Resources

[Office for Victims of Crime Vicarious Trauma Toolkit](https://vtt.ovc.ojp.gov)
(<https://vtt.ovc.ojp.gov>)

[Concerns of Police Survivors National Conference on Wellness](http://www.nationalcops.org)
(www.nationalcops.org)

[Warriors Rest Foundation](http://www.warriorsrestfoundation.org)
(www.warriorsrestfoundation.org)

[EMDR Therapist](http://www.emdria.org)
(www.emdria.org)

[International Critical Incident Stress Foundation](http://www.icisf.org)
(www.icisf.org)

Emotional Survival for Law Enforcement, Kevin M. Gilmartin, Ph.D.

Mindfulness for Warriors, Kim Colegrove

Surviving a Law Enforcement Career, Dr. Dennis L. Conroy, Christine Hess Orthmann

I Love A COP, Ellen Kirschman, Ph.D.

I Love a Fire Fighter, Ellen Kirschman, Ph.D.

Counseling COPS: What Every Clinician Needs to Know, Ellen Kirschman, Ph.D.

The Body Keeps the Score, Bessel Van Der Kolk, M.D.

Trauma Stewardship, Laura van Dernoot Lipsky, Connie Burk, et al.

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Next Month

Topic: The U.S. Department of Justice
National Elder Fraud Hotline To Assist
Victims of Financial Fraud

Date: June 17, 2020

Featured Hosts: Lori McGee and Helen
Supanich

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.



Before You Leave...

Download a **certificate of attendance** for today's session from our Downloads pod.

For more **resources related to this topic**, please see the Additional Links pod.

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

Thank You!

If your question was not addressed in this session, you can send your question to our host or request additional information by email:

Angie McCown: amccown@austin.rr.com

Note: This session will be recorded and posted on the Expert Q&A Past Sessions tab when available.

