



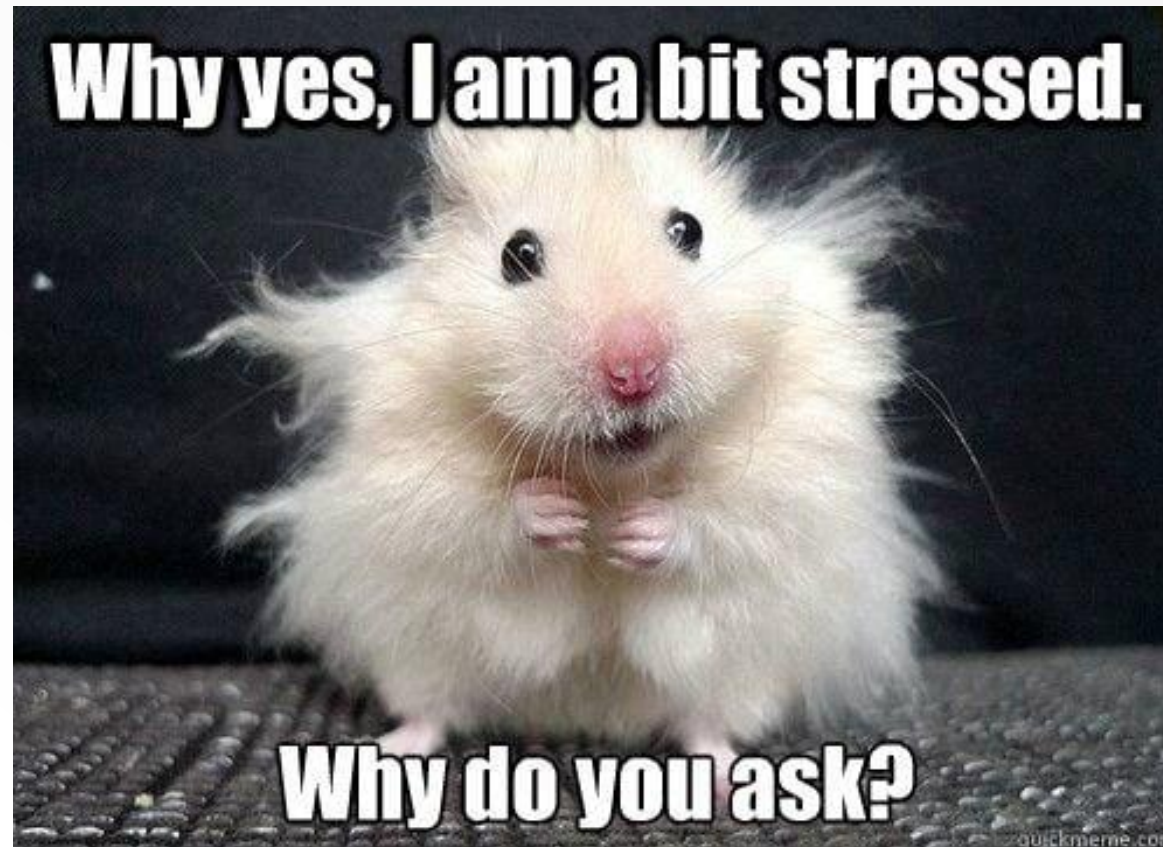
Monash psychologists supporting Monash teams

Psychological wellbeing program for employees



# Vicarious Trauma – Continued

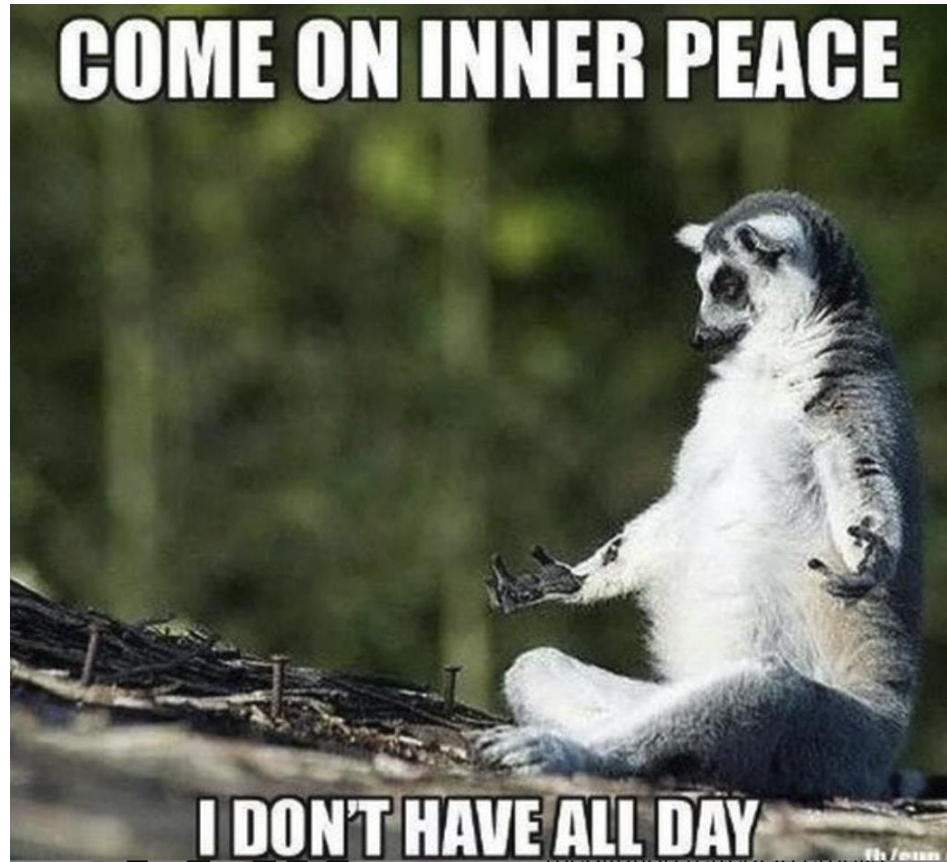
**Presenter: Kirsten Yates  
Senior Clinical Psychologist**



# How Health Care Worker's expect themselves to experience stress



# We are aware of the tools...

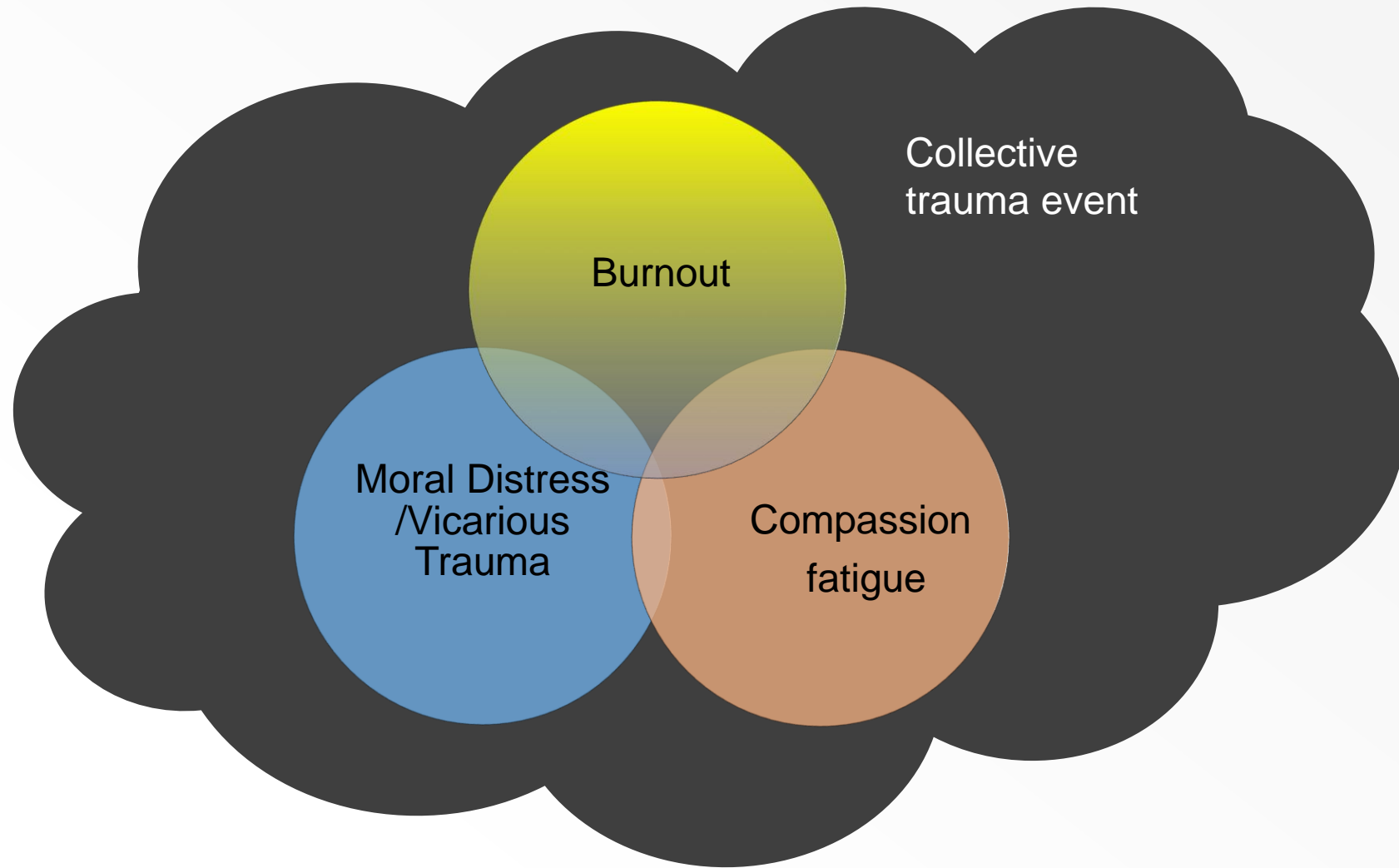




# Sometimes we get a little stuck...



# The Complex Picture:



# Challenges v Rewards

- We work with people, who have stories and experiences
- It is a privilege to look after them during these times
- However, it is inevitable that we will sometimes be impacted





# What Can We Do About It

## The ABC's of Managing Vicarious Trauma

- **A wareness**
  - Know your own touchpoints
  - Monitor the building blocks – sleep, activity, exercise, good food
  - Self Care – creativity, breaks, nature, fun!
- **B alance**
  - Allow yourself to feel the feelings
  - Maintain good work boundaries –watch the email at home intrusion
  - Set realistic goals of what you can achieve
  - Adopt a new leisure activity
- **C onnection**
  - Your people – put yourself amongst them
  - Debrief after difficult cases
  - Develop support systems – buddy, peer support, mentor, team, profession, organisation
  - Meaning and purpose, spirituality