Secondary Traumatic Stress

- Fatigue
- Anhedonia
- Concentration Difficulties
- Anger
- Anxiety
- Self-medication
- Relationship Problems
- Entitlement
- Isolation
- Sleep Disturbance
- Inadequacy
Post-Traumatic Stress Disorder - Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

1. Directly experiencing the traumatic event(s)
2. Witnessing, in person, the event(s) as it occurred to others
3. Learning that the traumatic event(s) occurred to a close family member or close friend
4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)
Self-Care is Mandatory!!!
Relationship problems
Substance abuse
Isolation
Depression
Anhedonia
Sleep problems
Appetite issues
Intrusive thoughts
Hopelessness/Helplessness
Suicidal Ideation
Intrusive Symptoms

- Thoughts and images associated with client’s traumatic experiences
- Obsessive and compulsive desire to help certain clients
- Client/work issues encroaching upon personal time
- Inability to “let go” of work-related matters
- Perception of survivors as fragile and needing the assistance of caregiver (“savior”)
- Thoughts and feelings of inadequacy as a caregiver
- Sense of entitlement or special-ness
- Perception of the world in terms of victims and perpetrators
- Personal activities interrupted by work-related issues
• Silencing Response (avoiding hearing/witnessing client’s traumatic material)
• Loss of enjoyment in activities/cessation of self-care activities
• Loss of energy
• Loss of hope/sense of dread working with certain clients
• Loss of sense of competence/potency
• Isolation
• Secretive self-medication/addiction (alcohol, drugs, work, sex, food, spending, etc.)
• Relational dysfunction

Avoidance Symptoms
Arousal Symptoms

- Increased anxiety
- Impulsivity/reactivity
- Increased perception of demand/threat (in both job and environment)
- Increased frustration/anger
- Sleep disturbance
- Difficulty concentrating
- Change in weight/appetite
- Somatic symptoms
Autonomic Nervous System preps the body

- Dilation of the pupils
- Accelerated heart rate
- Rapid breathing
- Muscle tension
- Sweating
- Suspension of digestive activity / voiding of bladder and bowels
Threat Assessment

Catecholamine

Cortisol

ACG

PFC

vmPFC

AMY

Brain stem
I am bad friend
Not smart
I should work this weekend
I need to call the client
I'm missing something
Failure
Not smart
Pain is the conductivity of electrical energy along neural pathways for the human body from peripheral to central.

Suffering is the meaning that we make of that signal.
Psycho-education
Counseling
Medications

Self-medication
Isolation
Dissociation
How safe are you right now?
Vicarious Traumatization

Karen Saakvitne

Laurie Pearlman

The cumulative transformative effect upon the trauma therapist of working with survivors of traumatic life events. It’s a process through which the therapist’s inner experience is negatively transformed through empathetic engagement with client’s trauma material.
Chronic Secondary Traumatic Stress Violate Needs:

- Safety
- Trust
- Esteem
- Intimacy
- Control
Questioning the loyalty of those close to you
Minimizing the amount of activities occurring in public
Low frustration tolerance/lashing out at others
Inability to function without the assistance of others
Over-involvement in your family’s lives
Avoiding challenges and new experiences
Decrease in contact with social network
Difficulties initiating new relationships
Difficulties dealing with the “grey” areas
Getting security system
Micromanaging at home or at work
Taking a self-defense class

Chronic Secondary Stress Violate Needs:
• Safety
• Trust
• Esteem
• Intimacy
• Control
Identity
Questions:
- Am I good at what I do?
- If I can’t succeed at work, how can I succeed as a parent/spouse/friend?
- Am I a good person?

Reactions
- Ambivalence
- Identity crisis
- Lowered self-esteem
- Self-doubt

World View
Questions:
- Do people behave according to a set of moral values?
- Is there justice in the world?
- Do we have a say in the way our life unfolds?

Reactions
- Vulnerability
- Belief that humans are selfish or evil
- Excessive and debilitating worry
- Avoidance of others

Spirituality
Question:
- How can there be a “higher power” when such horrific events occur?

Reactions
- Loss of faith
- Loss of purpose
- Hopelessness
- Apathy
Burnout

Compassionate Fatigue

Secondary Traumatic Stress
Burnout is a psychological syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment. Burnout is the result of an environment in which demands always outweigh resources.
Pelvic Floor

Valsalva Maneuver
Diaphragmatic Breathing

Gently roll head from side to side, with awareness of the tightening muscles. Release.

Gently tense chest muscles and abdomen, without holding the breath. Release.

Tense left hip and buttock. Release.

Tense left leg down through feet and toes. Release.

Gently tense face muscles including forehead, cheeks, mouth, upper neck. Release.

Tense right arm from shoulder to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.

Tense right hip and buttock. Release.

Tense right leg down through feet and toes. Release.

While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms, and back to the face.

Progressive Muscle Relaxation
Connection/Support Network

Four important functions of a support network:

1. **Sharing Trauma Narratives (Primary and Secondary)**
2. **Empower to Confront**
3. **Telling on Ourselves**
4. **Accountability**

It is your responsibility to train your support network to be maximally supportive. If you have been careful in your selection of the three to five names, then you will have selected people who sincerely want to help. When you meet/speak with them they may or may not “guess” how to be helpful to you. You can help them to relax and be certain that you are getting the maximum from your meeting time if you will take a little time on the front end and let them know what you are doing and how they can be most helpful. An offer to do the same for them usually converts even the most stalwart care givers.
Activities that benefited therapists and trauma workers

- Discussed cases with colleagues / Emotional support from colleagues
- Took vacation
- Attended workshops and conferences
- Time with family and friends
- Limit and/or diversify case loads
- **EXERCISE**
- Community involvement / Volunteer work
- Spending time with children
- Develop spiritual life
- Received supervision
- Taking breaks during work day
- Spending time in nature
- Pleasure reading
- Watching a movie
- Writing / Journaling
- Meditation / Yoga / Massage
- Relaxation techniques
- Listening to music
- Gardening
- Artistic expression
Resources and Services from the State Library

Kentucky Department for Libraries and Archives
Division of Library Services
Resources
Resources
DVDs

- *Post Traumatic Stress* – St. Francis Hospital & Medical Center
- *Working With Stress* – Centers for Disease Control
- *Stress Management: A Practical Approach* – American Training Resources
How do I find materials?

- KDLA Catalog ➔ KDLA WorldCat Discovery
  - [http://kdla.on.worldcat.org/discovery](http://kdla.on.worldcat.org/discovery)

- Kentucky Libraries Unbound (KLU)
  - [http://kdla.ky.gov/employees/downloadmedia/Pages/default.aspx](http://kdla.ky.gov/employees/downloadmedia/Pages/default.aspx)
Kentucky In Wood

In 1981 the Kentucky Department for Libraries and Archives (KDLA), in cooperation with the Kentucky Arts Commission, held a competition to commission a work of art to be made of native Kentucky woods for the lobby of KDLA’s new building. The commission was for $15,000 and was open to all Kentucky artists.

The winning entry was created by Murray artist Bobby Faiwell and named Kentucky in Wood. He created a 24-foot long, 12-foot high abstract representation of the state. The piece is composed of six sections and includes seven stylized life-sized figures representing the people of Kentucky. The sculpture and figures incorporate 26 native Kentucky woods. The woods were donated by Dr. Thomas D. Clark, noted Kentucky author, historian and teacher, and members of his family.

To read more about Kentucky in Wood, click here.

Upcoming Events and Closures

Monday, May 25
Memorial Day

Friday, June 19
Archives Research Room CLOSED

Showing events until 6/30 Look for more
KDLA WorldCat Discovery -- KDLA’s NEW CATALOG

Go directly to KDLA WorldCat Discovery or use the quick search box below.

New features are being added to KDLA WorldCat Discovery every week! For help contact KDLA Ask-A-Librarian, KDLAReferenceDesk@ky.gov, 502.564.8306.

INFORMATION for STATE EMPLOYEE CUSTOMERS

- How to reset your KDLA library account for WorldCat Discovery and KDLA Databases (5 minute video) -- UPDATED on July 7

  Reset your KDLA library account to access your library account information and KDLA databases (Kentucky Libraries Unbound, NewsBank, and others)

INFORMATION for KENTUCKY PUBLIC LIBRARY STAFF

When you search KDLA WorldCat Discovery, you have access to the world’s most comprehensive library database. You can identify resources in the KDLA collection, as well as in the collections of the world’s libraries!

KDLA WorldCat Discovery:

- Expands KDLA’s collection, allowing users to discover digital and physical resources, with a central index that includes 1.8 billion resources. Access to KDLA’s electronic resource databases will be included with other search results, with direct links to e-content.
- Simplifies your search in a streamlined, modern interface that’s mobile-ready.
- Connects to full text! Users will be able to link directly to any available full text, or have the option to request items from KDLA collections or from other libraries through interlibrary loan.
POST-TRAUMATIC STRESS
1. **Journal of traumatic stress**
   - by International Society for Traumatic Stress Studies
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives

2. **Post traumatic stress disorder for dummies**
   - by Mark Goulston
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives

3. **Post traumatic stress**
   - by Ron Obston, Ron Obston, Saint Francis Hospital and Medical Center (Hartford, Conn.), Storyline Pictures
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives

4. **Traumatic stress: the effects of overwhelming experience on mind, body, psyche**
   - by Ressel A. Van der Kolk, Alexander C. McFarlane, Lars Weisaeth, Ressel A. Van der Kolk
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives
Post traumatic stress

1. **Journal of traumatic stress**
   - by International Society for Traumatic S
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives

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   - Held by: Kentucky Department for Libraries and Archives

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   - by Ron Obston, Ron Obston, Saint Fr...
   - Database: WorldCat
   - Held by: Kentucky Department for Libraries and Archives

**Availability**
- Kentucky Department for Libraries and Archives
  - 1 available

**Holding Summary**
- Local Holdings Available.
Place Hold

CHARLY, you are requesting a hold for:

Post traumatic stress

by Ron Olston, Saint Francis Hospital and Medical Center (Hartford, Conn.), Storyline

DVD video 2003, ©2000

Database: WorldCat

Hold by: Kentucky Department for Libraries and Archives

Pickup location

Send to my office

Set hold schedule (optional)

Cancel  Submit
Kentucky Libraries Unbound

Kentucky Department for Libraries and Archives

**Kentucky in Wood**

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To read more about *Kentucky in Wood*, [click here](#).

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**Upcoming Events and Closures**

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*Showing events until 6/30 [Look for more](#)*
Kentucky Libraries Unbound

Downloading Audiobooks and Ebooks

State government employees can download digital audiobooks and ebooks due to a partnership agreement with Kentucky Libraries Unbound (KLU). Members of the general public should check with their local public libraries about downloadable digital resources available to them.

CAUTION
You may download resources over the Internet using your home computer or personal devices. If you want to download titles at work, you must adhere to your agency’s IT policies. You cannot use any library’s public computers to download titles.

Before you start:
- You must have a valid State Library account to download titles. If you need to sign up for an account, apply here.
- If you have lost your account number, contact the Reference desk through Ask a Librarian or by calling 502.564.8300, ext. 342 or 800.928.7000, ext. 342.

Getting Started in KLU:
- Set up/Login to your account
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- Select “KY Dept for Libraries and Archives” as your library. When prompted, enter your last name and your State Library account number.

Getting ready to download audiobooks, videos and music:
- Install the OverDrive Media Console on your computer or the OverDrive Media Console App on your mobile device for MP3 audiobooks.
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- Install Adobe Digital Editions on your computer or the OverDrive Media Console App on your mobile device to download Adobe PDF and EPUB ebooks.

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- KDLA Catalog
- e-Archives
- Ask a Librarian
- Public Library Directory
- Kentucky Library Job List
- Records Retention Schedules
- Kentucky Talking Book Library

Need help?
If you need help, send your question by email through the Ask a Librarian service. The reference staff will be happy to assist!

Downloading Basics with Kentucky Libraries Unbound
Want to know more about downloading audiobooks and/or ebooks? Take the free training!
More KDLA services

- **Interlibrary Loan**
  - Get materials we don’t have in our collection

- **Ask A Librarian**
  - Ask a question, get help with research, etc.
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  • 800-445-5327

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  • 502-564-8306
  • 800-928-7000, option #3
  • [KDLAReferenceDesk@ky.gov](mailto:KDLAReferenceDesk@ky.gov)