

Secondary Traumatic Stress



Relationship Problems

Anhedonia

Entitlement

Fatigue

Self-medication

Secondary Traumatic Stress

Concentration Difficulties

Anger

Anxiety

Sleep Disturbance

Isolation

Inadequacy

Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition

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



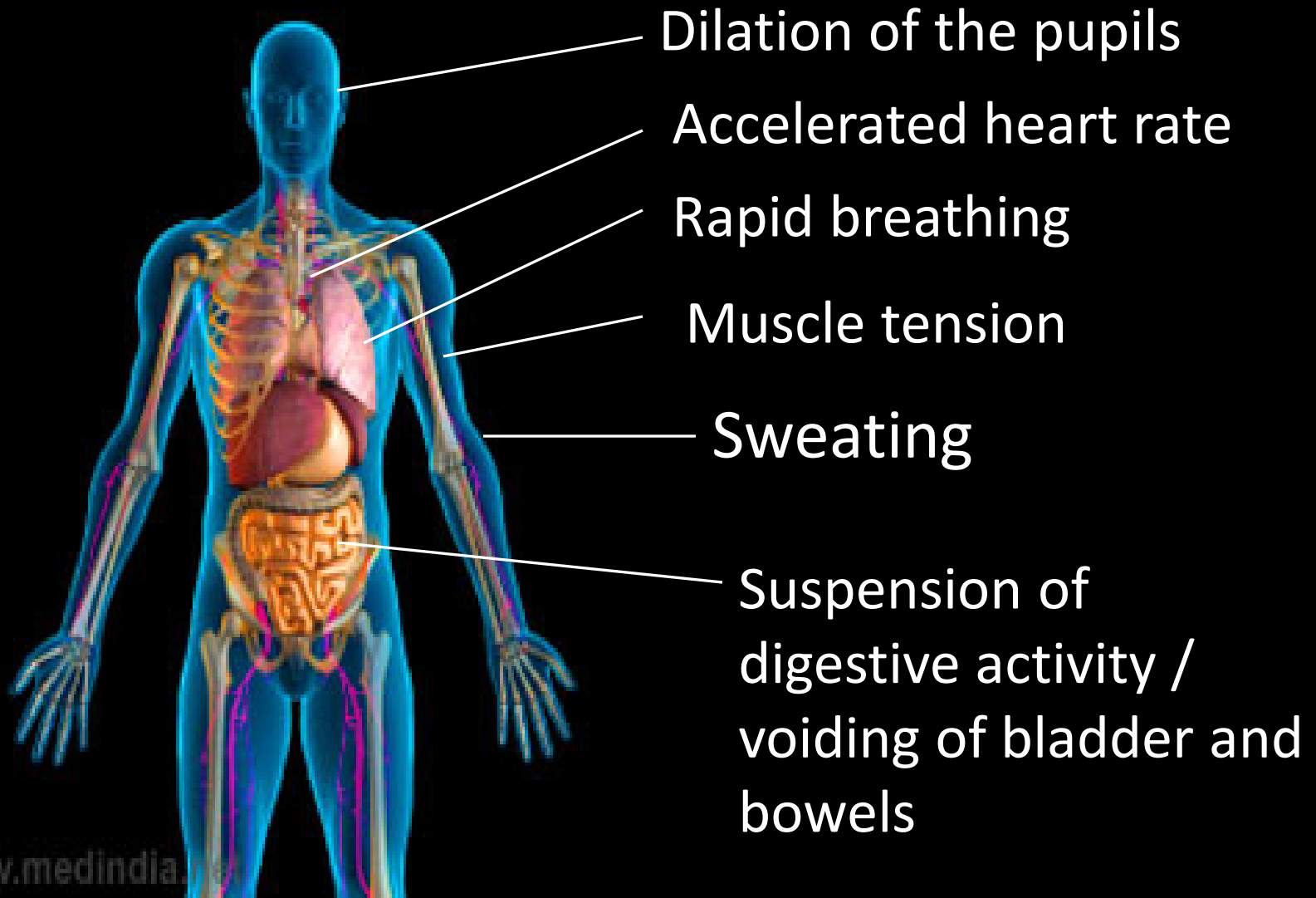
Avoidance Symptoms

Arousal Symptoms

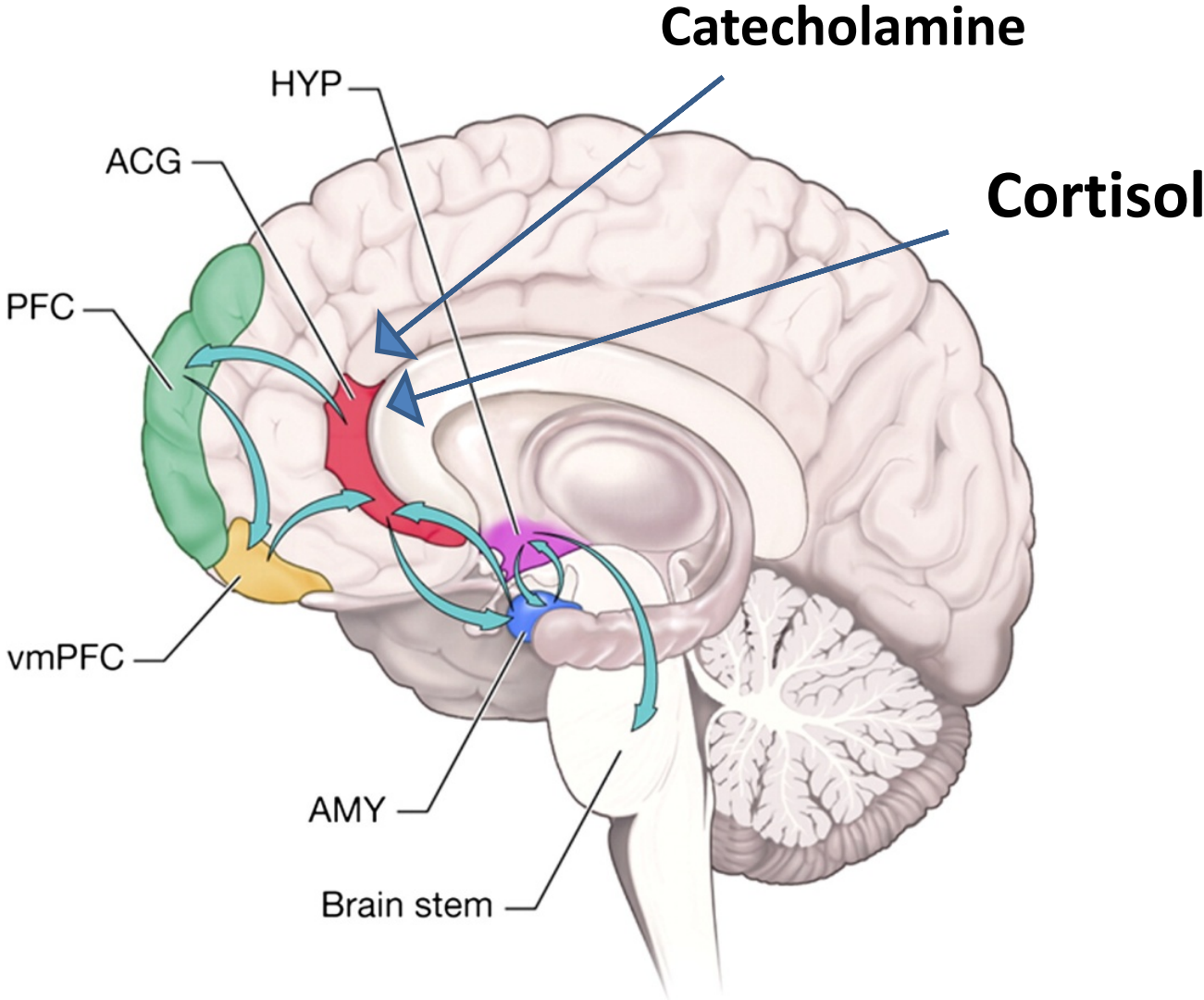
- Increased anxiety
- Impulsivity/reactivity
- Increased perception of demand/threat (in both job and environment)
- Increased frustration/anger
- Sleep disturbance
- Difficulty concentrating
- Change in weight/appetite
- Somatic symptoms



Autonomic Nervous System preps the body



Threat Assessment



I need to call the client

I should work this weekend

I'm missing something

Failure

I am bad friend



Not smart

I'm going to lose
my finger!!!

HYPNOSIS IN THE RELIEF OF PAIN

With a New Foreword by Joseph Barber, Ph.D.

ERNEST R. HILGARD
JOSEPHINE R. HILGARD

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.

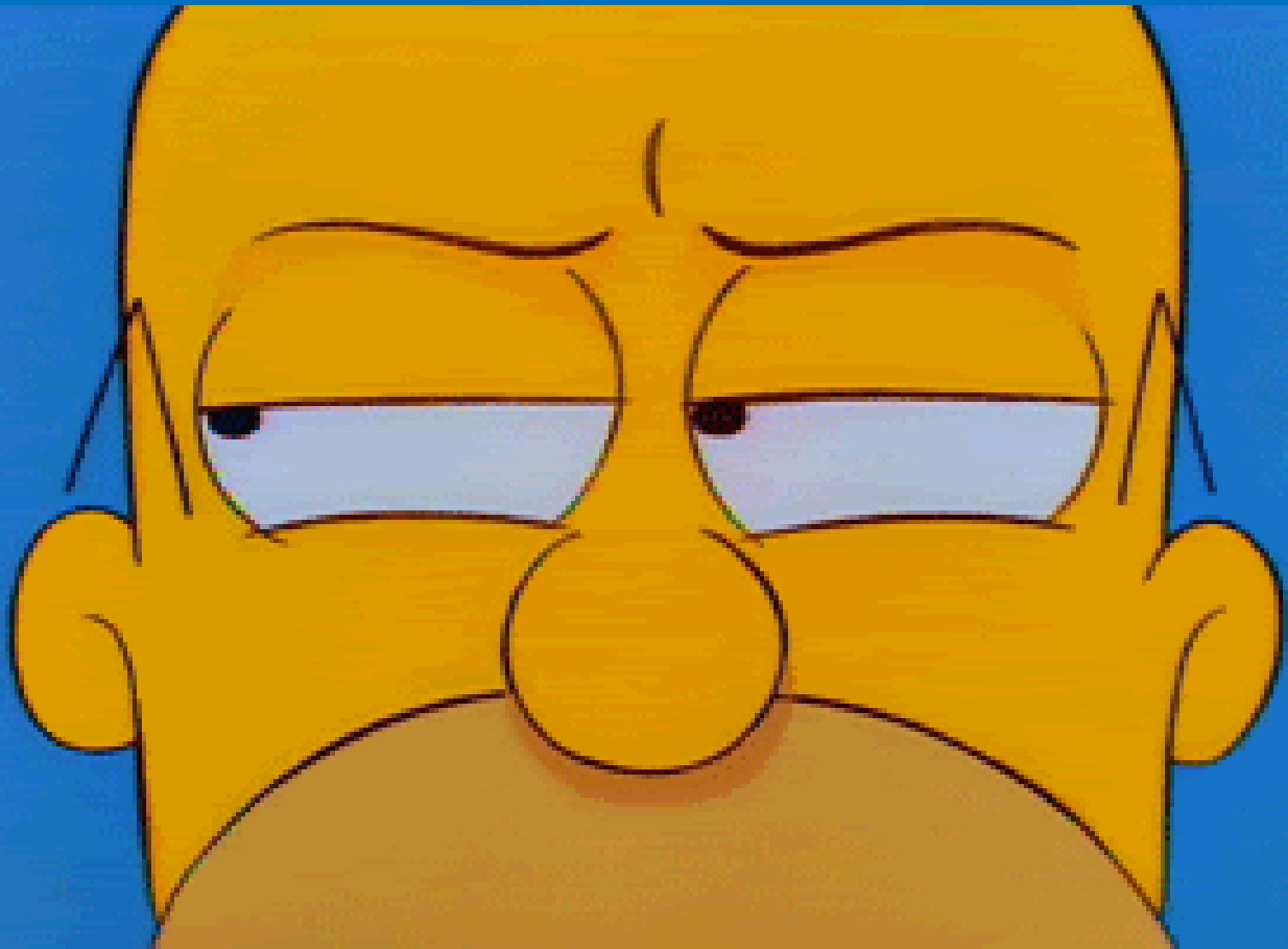


- **Psycho-education**
- **Counseling**
- **Medications**

- **Self-medication**
- **Isolation**
- **Dissociation**



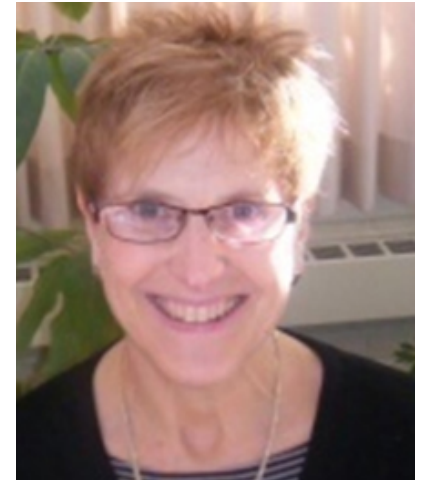
How safe are you right now?



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

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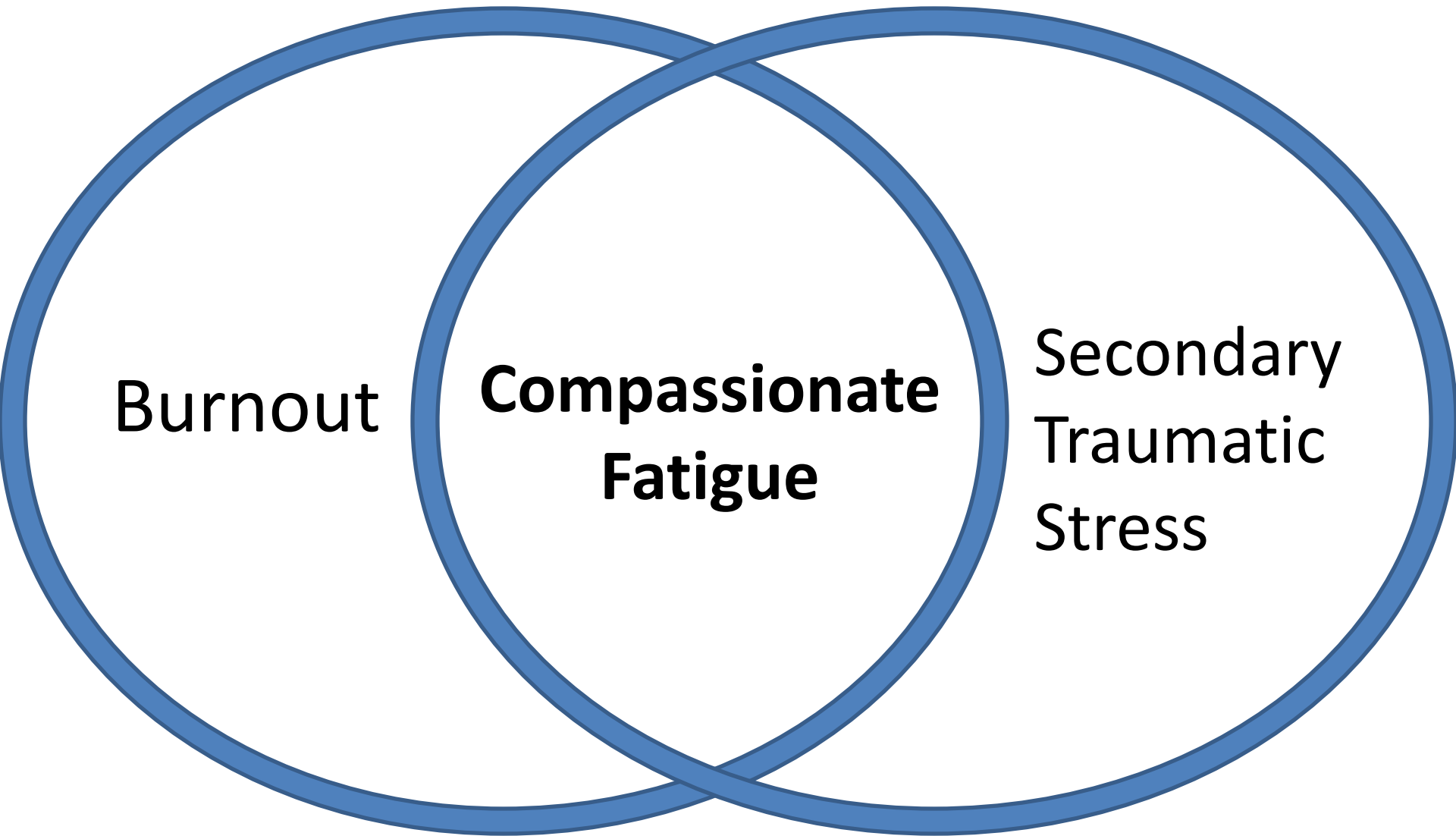
Difficulties dealing with the "grey" areas

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Chronic Secondary Stress
Violates Needs:
•Safety
•Trust
•Esteem
•Helplessness
•Control



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.



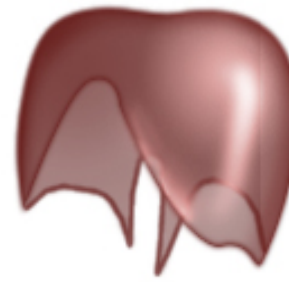


Pelvic Floor

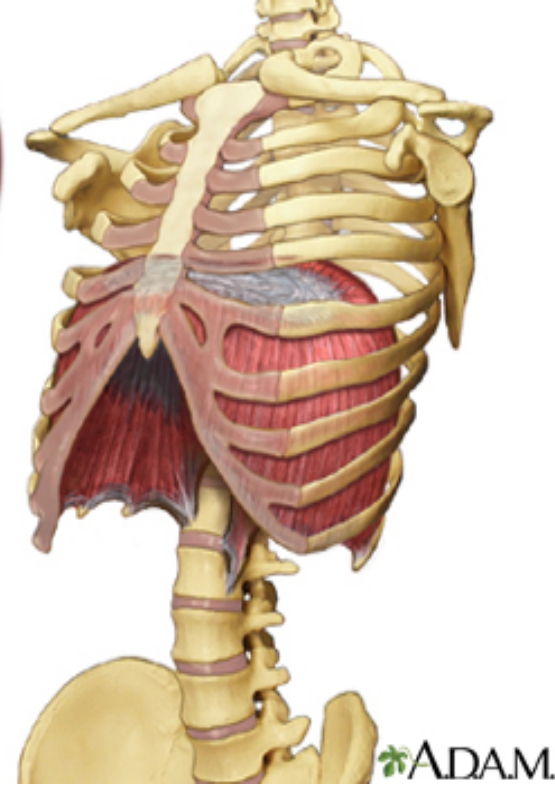


Valsalva Maneuver

Diaphragmatic Breathing



The diaphragm is shaped like a parachute



ADAM.

1. Tense **face muscles** including forehead, cheeks, mouth, upper neck. Release.

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

3. Tighten **shoulders**. Release.

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

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

6. Tense **left arm**. Release.

7. Tense **right leg** down through feet and toes. Release.

8. Tense **left hip and buttock**. Release.

9. Tense **left leg** down through feet and toes. Release.

10. 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

Support



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

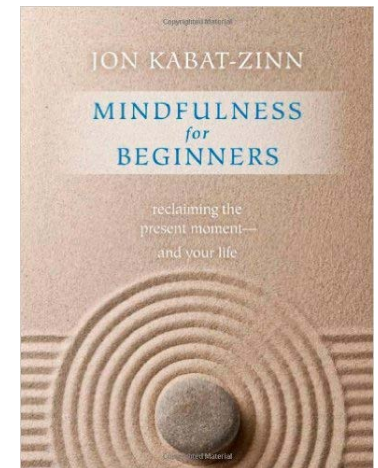
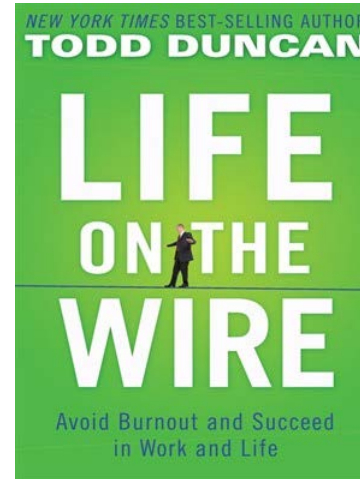
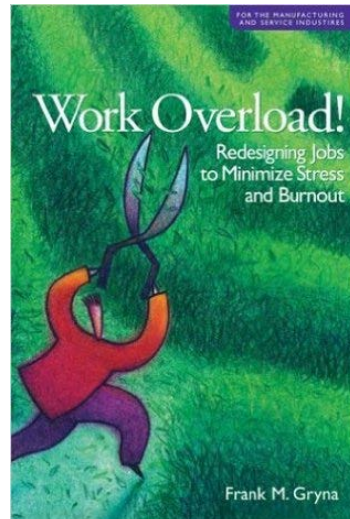
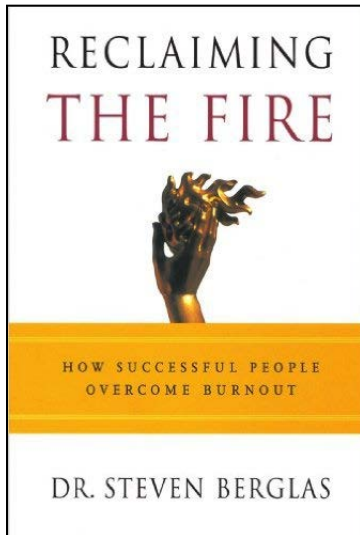
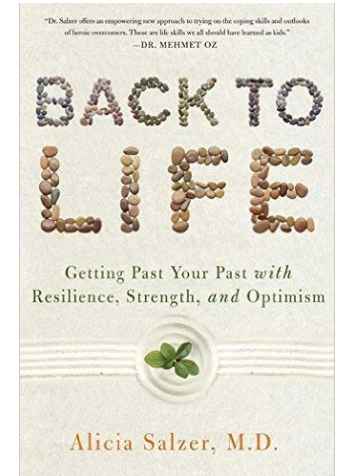
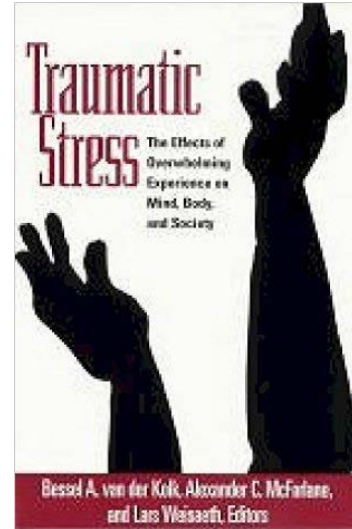
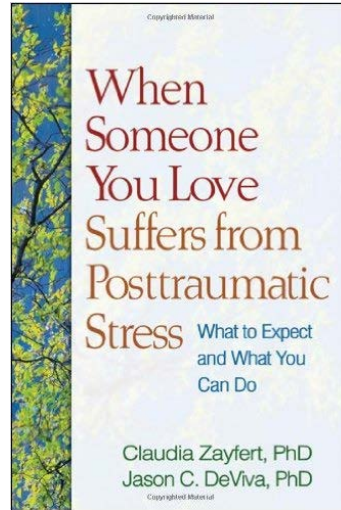
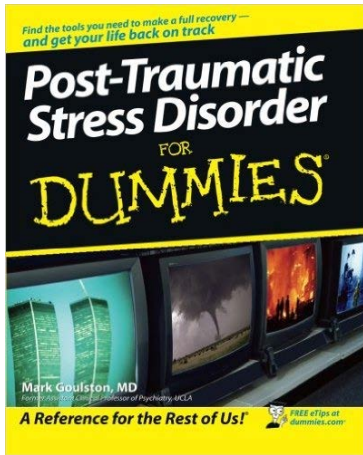


Resources and Services from the State Library

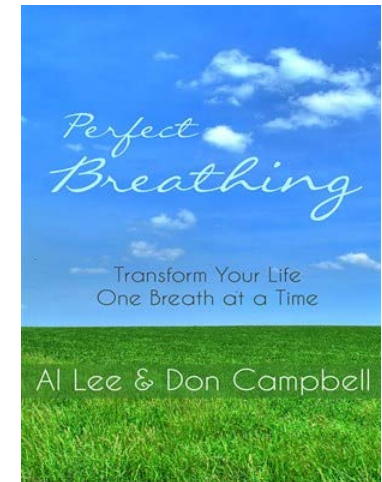
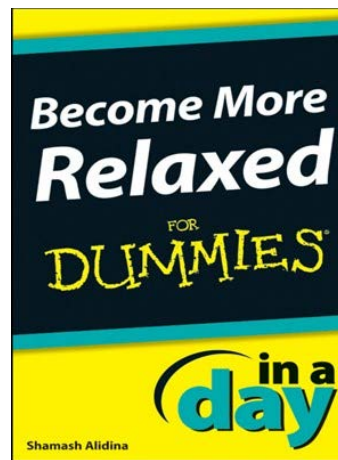
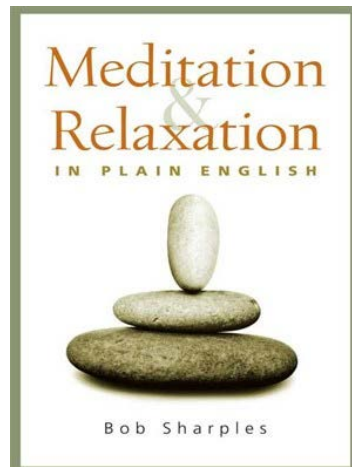
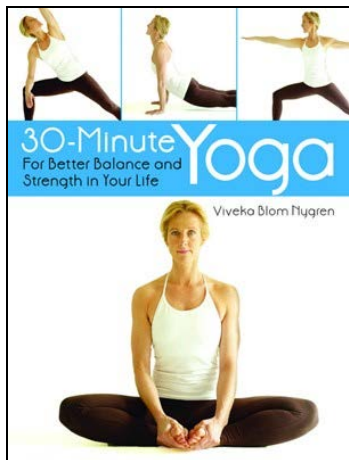
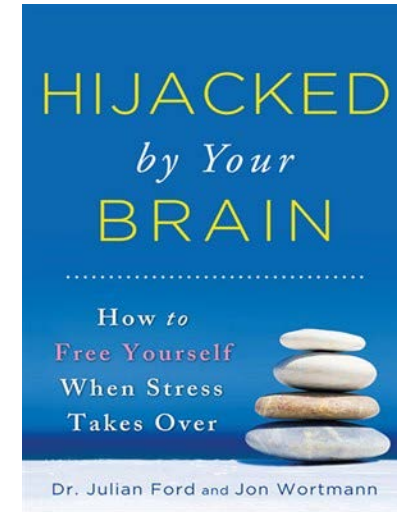
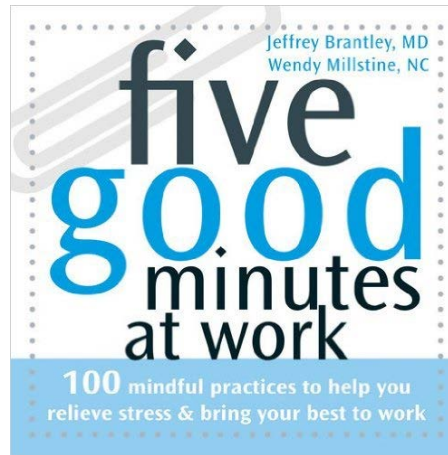
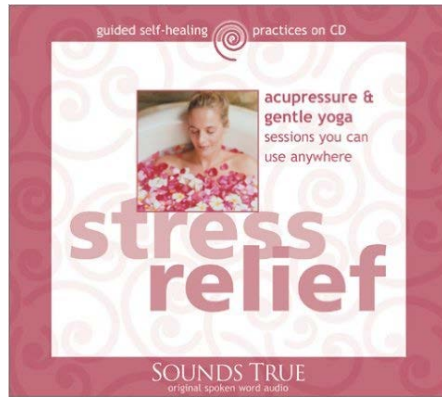


**Kentucky Department for Libraries and Archives
Division of Library Services**

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>
- Kentucky Libraries Unbound (KLU)
 - <http://kdla.ky.gov/employees/downloadingmedia/Pages/default.aspx>

KDLA Catalog



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Kentucky in Wood

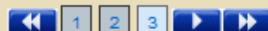
In 1981 the Kentucky Department for Libraries and Archives (KDLA), in cooperation with the Kentucky Arts Commission, held a competition to commission a work of art to be made of native Kentucky woods for the lobby of KDLA's new building. The commission was for \$15,000 and was open to all Kentucky artists.

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



"Kentucky in Wood"



Upcoming Events and Closures

Monday, May 25

Memorial Day

Friday, June 19

Archives Research Room CLOSED

Showing events until 6/30. [Look for more](#)

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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.



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POST-TRAUMATIC STRESS



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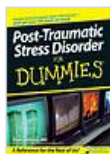
1. [Journal of traumatic stress](#)



by [International Society for Traumatic Stress Studies](#)
 eJournal/eMagazine 199u
 Database: WorldCat
 Held by: Kentucky Department for Libraries and Archives

View online

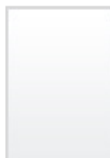
2. [Post traumatic stress disorder for dummies](#) 1 OF 1 AVAILABLE



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3. [Post traumatic stress](#) 1 OF 1 AVAILABLE



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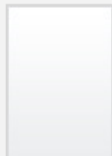
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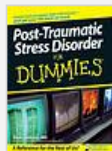
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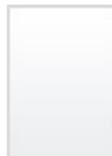
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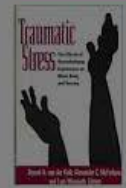
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Kentucky in Wood

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

The image shows a large, abstract wooden sculpture titled 'Kentucky in Wood'. It is composed of several sections and includes seven stylized life-sized figures representing the people of Kentucky. The sculpture is made of native Kentucky woods and is displayed in a lobby.

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- You must have a valid State Library account to download titles. If you need to sign up for an account, [apply here](#).
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- Set up/Login to your account
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- For Windows Computers only: A security upgrade may be required so OverDrive Media Console can play protected titles. When prompted, follow the screens to complete the upgrade.

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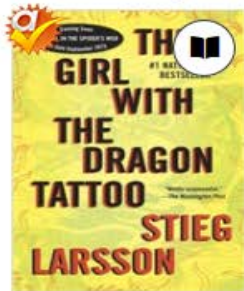
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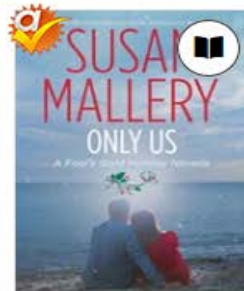
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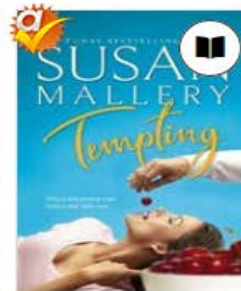
The Girl with the Dra
Stieg Larsson



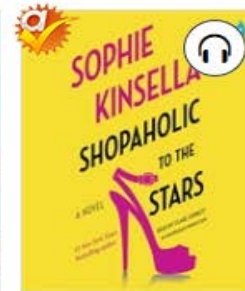
The Golden Compass
Philip Pullman



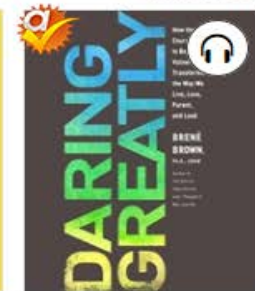
Only Us: A Fool's Gol
Susan Mallery



Tempting
Susan Mallery



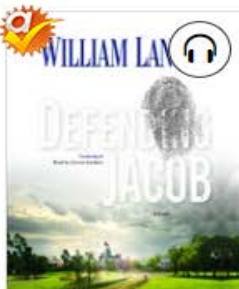
Shopaholic to the Sta
Sophie Kinsella



Daring Greatly
Brené Brown



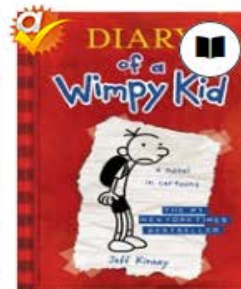
Eclipse



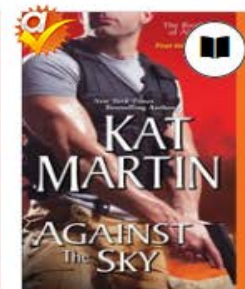
Defending Jacob



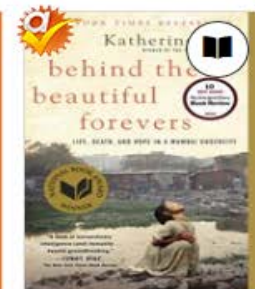
The Screwtape Lette



Diary of a Wimpy Kid



Against the Sky



Behind the Beautiful

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Kentucky Department for Libraries and Archives

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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 Falwell 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](#).

The image shows a large, abstract wooden sculpture titled 'Kentucky in Wood'. It is composed of several sections and features seven stylized, life-sized human figures. The sculpture is made of various types of native Kentucky woods and is displayed in a well-lit indoor space, likely a lobby or gallery.

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Upcoming Events and Closures

Monday, May 25
Memorial Day
Friday, June 19
Archives Research Room CLOSED
Showing events until 6/30. Look for more

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