

The background is a light grey, textured paper-like surface. It is decorated with several colorful, hand-drawn style shapes: a red arc in the top left, a yellow leaf-like shape in the top center, a teal shape in the top center, a yellow shape in the top right, a red arc in the middle right, a teal shape in the bottom left, a red arc in the bottom center, a teal shape in the bottom right, and a yellow arc in the bottom right. A yellow daisy flower is drawn in the top right area.

Compassion Fatigue & Vicarious Trauma

Vicarious Trauma

Compassion Fatigue

Burnout

Indirect trauma happens when caring for others' suffering impacts our own emotions, thoughts, or behaviors.

Indirect Trauma Umbrella

How trauma affects those who care for others

Vicarious trauma

Compassion fatigue

Burnout

Moral injury

Soul wound

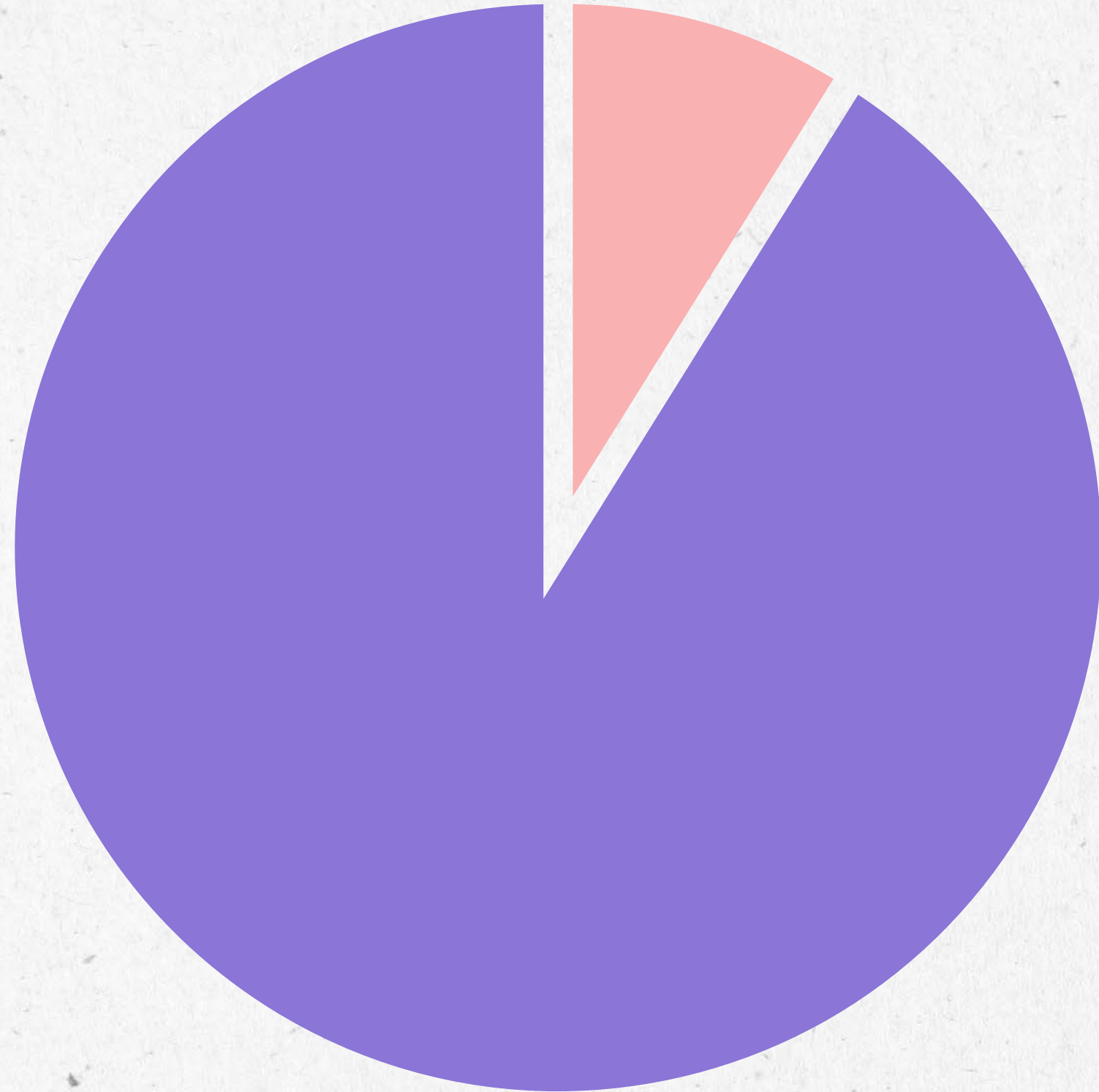
Moral distress

Secondary traumatic stress

Shared trauma

Vicarious traumatic grief

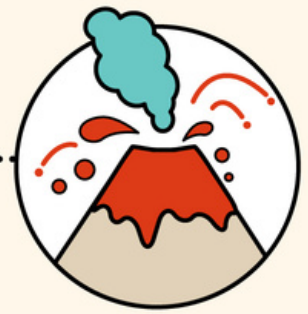
@drjennyking



“Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.”
- Rumi

How Trauma Can Affect Your Window Of Tolerance

HYPERAROUSAL
 Anxious, Angry, Out of Control, Overwhelmed
 Your body wants to fight or run away. It's not something you choose – these reactions just take over.



WINDOW OF TOLERANCE
 When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much. This is the ideal place to be.

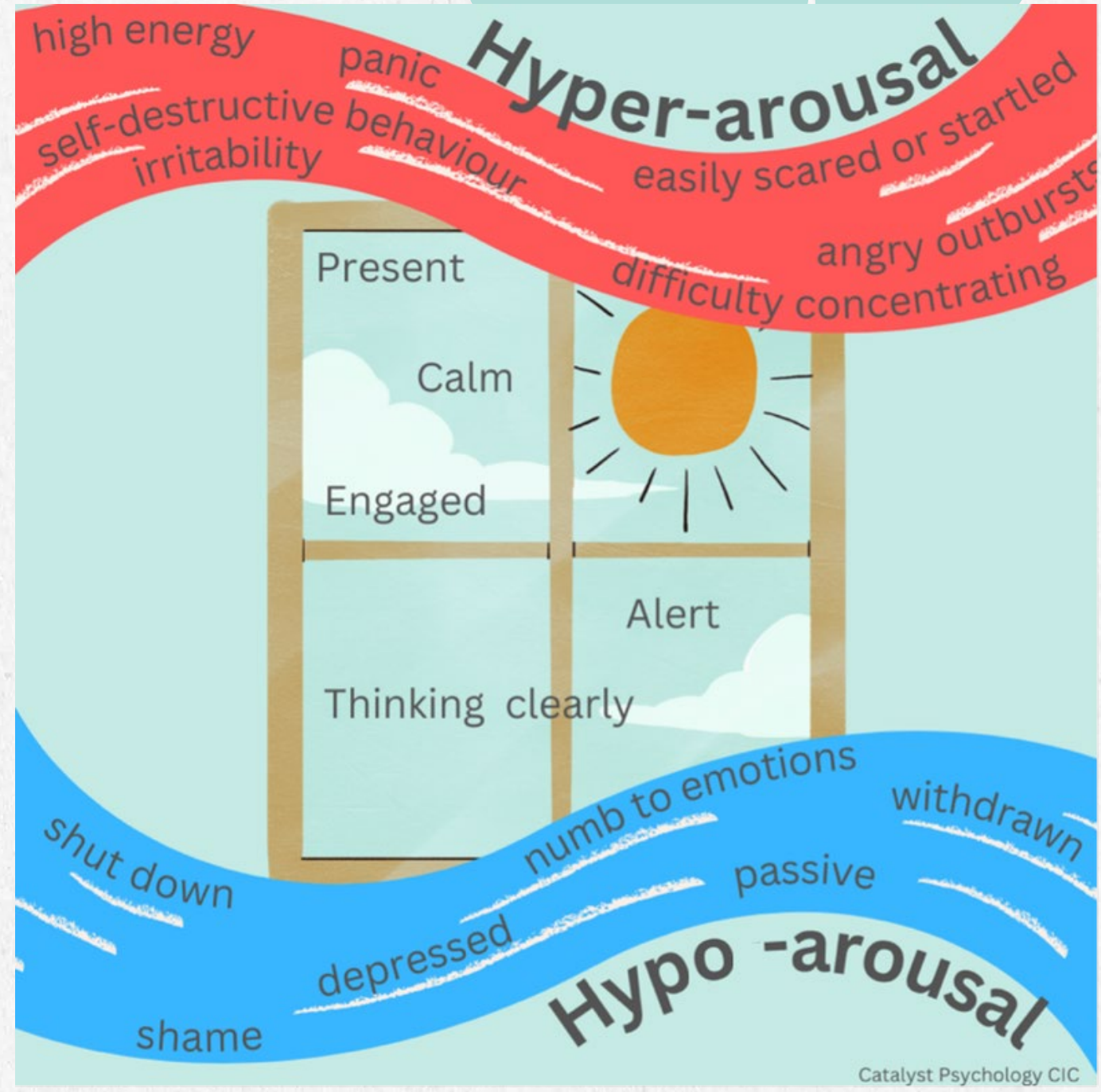


When stress and trauma shrink your window of tolerance, it doesn't take much to throw you off balance.

Working with a practitioner can help expand your window of tolerance so that you are more able to cope with challenges.



HYPOAROUSAL
 Spacy, Zoned Out, Numb, Frozen
 Your body wants to shut down. It's not something you choose – these reactions just take over.



window of tolerance

(Dr Dan Siegel)

Mindfulness

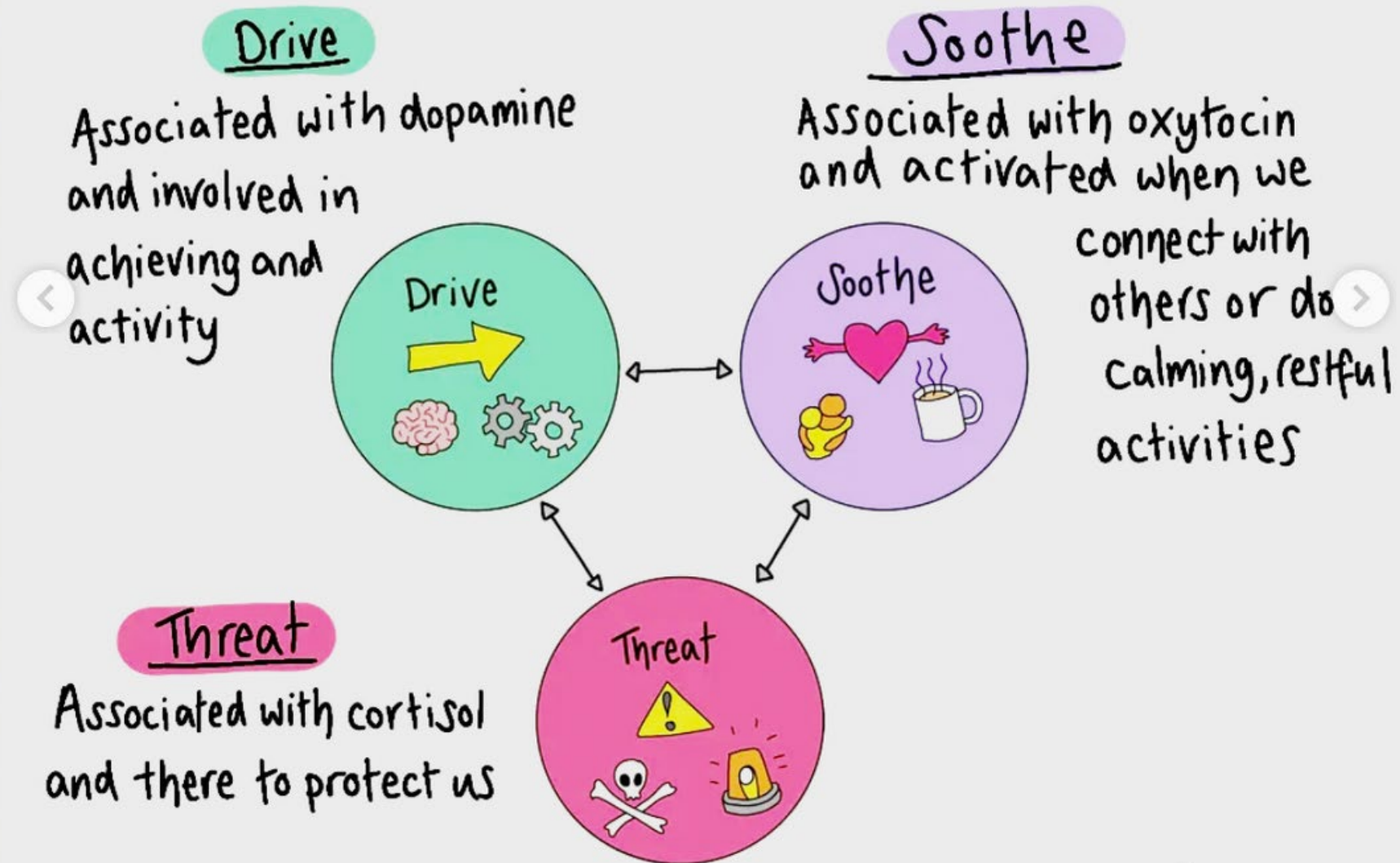


**“DOSE” (Dopamine, Oxytocin,
Serotonin, Endorphin)**


HALT!

**window of
tolerance** (Dr Dan Siegel)

Paul Gilbert's **compassion focused therapy (cft)** presents a model of **three main human states**. These link to different **hormones, motivations and behaviours**.



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**“Caring for myself is not self -
indulgence, it is self -preservation,
and that is an act of political
warfare.”**

- Audre Lorde