Vicarious Trauma in Legal Practice

The Newcastle Club
6pm, 21 September 2017
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Trauma

- Intrusive memories
- Startle response
- Shame, self-hatred
- Panic attacks
- Emotional overwhelm
- Chronic pain, headaches
- Eating disorders
- Substance abuse
- Self-destructive behaviors
- Little or no memories
- Hypervigilance
- Depression
- Dissociation
- Loss of interest
- Irritability
- Numbness
- Insomnia
- Decreased concentration
- Hopelessness
- Nightmares, Flashbacks
Originally ..

- **Physical** trauma – still common in medical discourse
Popular meaning - ‘psychic’ or ‘psychological’ injury

• a psychologically upsetting experience that produces an emotional or mental disorder or otherwise has lasting negative effects on the person's thoughts feelings or behaviour
• an emotional wound or shock that has negative long lasting effects
• any event having an acute adverse psychological effect
‘DV trauma can impact children in later life’

- Pena et al, *Science* 16
  Jun 2017: Vol. 356, Issue 6343,
  pp. 1185-1188 DOI: 10.1126/science.aan4491

- ‘stress’
- (mice)
Traumatic impacts

• High job turnover
  - 30-60% of social workers in ‘high impact’ areas like child abuse leave their job each year (US)

Eg. 2014, Robinson-Keilig, ‘Secondary Traumatic Stress and Disruptions to Interpersonal Functioning Among Mental Health Therapists’, *Journal of Interpersonal Violence* 29(8)
Judith Herman MD - 1992

Psychological trauma:
• ‘Hysteria’ of women
• Sexual and domestic violence

‘..violence is a routine part of women’s sexual and domestic lives. Freud glimpsed the truth and retreated in horror’ (p.28)
Allan Young - 1995

PTSD was not discovered, but invented

- Vietnam vets
- .. urban, perpetrator, observing, social, cultural, first responder, DV, psychiatric, ...
- 95% of research & discussion about trauma is (problematically) located in western developed Nations
What is it about ‘Western culture’ that makes us prone to trauma?

- Culture can have biological effects, e.g. East Asians tend to deemphasize positive affect. In this 2017 study, positive affect was associated with healthier lipid profiles for Americans but not for Japanese. [http://journals.sagepub.com/doi/full/10.1177/0956797617713309#](http://journals.sagepub.com/doi/full/10.1177/0956797617713309#)

- In an earlier publication, Prof Ronnie Janoff-Bulman says Westerners have 3 deep-seated beliefs

  1. The world is benevolent
  2. The world is meaningful, controllable and predictable
  3. We assume we are good, worthy and decent

  Ronnie Janoff-Bulman, ‘Shattered Assumptions: Towards a new psychology of trauma’ (1992)

Newcastle City Hall, 1 June 2017

- 1870s - psychic shock
- 1915 - shell shock
- 1945 - war neurosis
- 1980 - PTSD
  (DSM III– the ‘formal birthing’)
...the ‘slow violence’ of ‘pre-traumatic stress disorder’ humans are inflicting on the planet.
PTSD in DSM-5: Understanding the Changes

September 25, 2015  |  PTSD, DSM-5
By James Phillips, MD

If your concern as a clinician is how to treat PTSD, October of this year, your diagnosis, and switch to DSM-5 is the latest update to the new edition for acute stress disorder.

That simple maneuver, unification of the new version of the DSM-5, PTSD out of the anxiety disorders, trauma- and stress-related disorders, moved PTSD out of the anxiety disorders, trauma- and stress-related disorders. It’s a newly created section, reactive attachment disorder, disorganized social engagement disorder, all the adjustment disorders, other specified trauma and stressor-related disorder, and unspecified trauma- and stressor-related disorder. Odd company, indeed. It’s as if the DSM-5 Work Group got stuck on the word “stress” in the PTSD acronym and decided that any diagnosis that includes this word belongs in the same section. Someone who experiences clinical anxiety in the context of a new job is now lumped into the same super-category as someone who has experienced a near-death on the battlefield.

DSM-5 has shuffled the deck and moved PTSD out of anxiety disorder. PTSD now keeps company with acute stress disorder, reactive attachment disorder, disorganized social engagement disorder, and all the adjustment disorders....Odd company, indeed.
Blood test for PTSD on horizon as scientists find genetic changes in traumatised soldiers
Communication and empathy as precursors to burnout among human service workers

Katherine I. Miller, James B. Stiff & Beth Hartman Ellis

Abstract

This research considers the role of empathic concern, and emotional contagion as precursors to burnout among human service workers. The research is based on data drawn from the areas of stress and burnout, empathy, and patient-doctor communication. The model is tested with data from employees at a large psychiatric hospital. The results indicate that empathic concern leads to communicative responsiveness but that emotional contagion decreases responsiveness. Communicative responsiveness, in turn, leads to the prediction of three dimensions of burnout and occupational commitment. The implications of the model for theory and practice are discussed.
Occupational Burnout

• The “burnout syndrome” has been defined as a combination of emotional exhaustion, depersonalization, and reduced personal accomplishment caused by chronic occupational stress.


NOT in DSM-V
• burnout-depression overlap
• its job-related character
Career derailment: Burnout and bullying at the executive level

Lynne McCormack, Sleiman Abou-Hamdan & Stephen Joseph

Executive derailment refers to unexpected and unwanted changes in the trajectory of an executive career caused either by factors within the person or by organisational factors external to the person, or a combination of both, leading to loss of identity. This phenomenological study explored subjective experiences of four high functioning professionals who had experienced executive derailment. Semi-structured interviews were conducted and data were analysed using interpretative phenomenological analysis (IPA). Results showed four superordinate themes that encapsulated a trajectory from severe loss of identity, integrity and livelihood, to newly defined authenticity following derailment: (i) self-doubt and blame; (ii) targeted bullying; (iii) psychological vulnerability and distress; and (iv) meaning-making and personal growth. The first three themes highlight varying levels of psychological distress and burnout and the vicarious impact on family life. The fourth theme involved a redefined self-integrity where forgiveness and psychological recovery could emerge and allow for a reconsideration of career pathways. The recognition that personal and professional growth can arise following executive derailment is a novel finding with important implications for coaches. A positive psychological and growth-oriented mindset may be helpful in harnessing change with executives following derailment.

Key words: Derailment, burnout, bullying, psychological distress, growth

International Coaching Psychology Review Vol. 12 No. 1 March 2017
Over half of doctors have symptoms of burn-out: survey

By Lynn Desjardins | english@rcinet.ca
Monday 28 August, 2017 , No Comments ↓

Doctors are facing obstacles to patient care, 'mountains' of paperwork and increasing regulation, says an outgoing head of the Canadian Medical Association.
Occupational Burnout

**Signs & Symptoms**

- Exhaustion, lack of enthusiasm, low motivation, critical self-talk
- **Attitude at work** – cynicism, apathy, pessimism, reduced efficacy and engagement
- Chronic fatigue, panic attacks, headaches
- Inability to relax or to ‘do nothing’
- **Physical symptoms** – chest pain, stomach pain, reduced appetite, heart palpitations...

- Carter 2006
Secondary Trauma Stress (STS)  
Compassion Fatigue - Similar constructs

What is it?

• STS first appeared with DSM-4 in 1994
• Psych stress (distress?) from exposure to a client’s trauma
• ‘a set of psychological symptoms that mimic PTSD, but is acquired through exposure to persons suffering the effects of trauma’

– Baird & Kracen 2006
Secondary Trauma Stress (STS)

Compassion Fatigue - Similar constructs

**Signs & Symptoms**

- Somatic complaints (body pain, sleep, appetite), fear/anxiety, intrusive images, avoidance of clients
- Diminished capacity
- Cynicism/Loss of empathy (a defence)

**Symptoms of STS**

- Difficulty concentrating and focusing
- Intrusive images
- Headaches, stomachaches
- Depression/hopelessness
- Nightmares
- Avoidance
- Hypervigilance
- Difficulty sleeping
Secondary Traumatic Stress in Attorneys and Their Administrative Support Staff Working With Trauma-Exposed Clients

Andrew P. Levin, MD,*† Linda Albert, LCSW,* Avi Besser, PhD,§ Deborah Smith, JD,¶ Alex Zelenski, MBA,§
Stacey Rosenkranz, PhD,¶ and Yuval Neriah, PhD‖#

N = 238 attorneys Wisconsin State Public Defender Office
N = 109 support staff
Tests  1. PTSD symptoms (DSM-IV),
      2. Depression scale
      3. Professional quality of life scale
Levine et al, 2011

- 75% met criteria for ‘functional impairment’
- 34% of attorneys met criteria for STS
- 11% met clinical criteria for PTSD

NB: Sex, age, years on the job, office size, and personal history of trauma did not predict symptoms (contra Vrlevski and Franklin - 2008)
The Hidden Cost of Empathy: How to Address Secondary Trauma Stress in a Child Law Office

Tamara Steckler and Vicki E. Light – January 9, 2017

In February 2006, a staff attorney in the Legal Aid Society's Juvenile Rights Project in the Bronx contacted the director of social work services. She was experiencing as a result of her work as director quickly acknowledged that she was experiencing secondary trauma stress (STS). This conversation began a discussion about how JRP could start educating its staff on identifying STS and explore ways to address it personally and professionally. This article describes the underlying conditions leading to STS, the history of how JRP designed its model for assisting staff, and a description of that model.

..one strategy is ‘Critical Incident Protocol’, also known as crisis debriefing
The Case Against VT

ICD -11 (Beta) makes no reference to vicarious trauma (or STS)
Vicarious traumatization: implications for the mental health of health workers?

Abstract

It has been suggested that a unique feature of some mental health practitioners’ work is exposure through their role as therapists to clients’ descriptions of and reactions to trauma, and that these experiences may actually indirectly cause distress and traumatization to the therapist. This proposed phenomenon has been termed “vicarious traumatization” (VT) and is the focus of the current review. The concept of VT, together with other related concepts such as “burnout,” “compassion fatigue,” “secondary traumatic stress” (STS), and “work stress” are appraised. Psychological mechanisms that
Vicarious trauma, secondary traumatic stress or simply burnout? Effect of trauma therapy on mental health professionals

Grant J. Devilly, Renee Wright, Tracey Varker

Objectives: The aim of the study was to investigate the effect of trauma therapy on mental health professionals involved in clinical practice.

Methods: Recruited directly by mail, randomly selected participants were invited to complete a questionnaire by post or online. Of the 480 participants contacted, 152 mental health professionals completed the questionnaire, which contained measures of STS, VT and burnout.

Results: Exposure to patients’ traumatic material did not affect STS, VT or burnout, contradicting the theory of the originators of STS and VT. Rather, it was found that work-related stressors best predicted therapist distress.

This 2009 study - ‘The research found that STS, VT and burnout are highly convergent constructs, but the measures for STS and VT do not display construct validity.’
Vicarious Trauma (a different ballpark)

• ‘..it is more than just the stress of overwork; it is a disintegrating ray gun aimed at your sense of who you are, what you think the world is like, and where you find meaning in the world.’

Vicarious Trauma (a different ballpark)

• harmful changes that occur in professionals’ views of themselves, others, and the world, as a result of exposure to the graphic and/or traumatic material of their clients.

- Baird & Kracen 2006

_Counselling Psychology Quarterly, June 2006; 19(2): 181–188_
9/11 survivor research

‘And we looked up and it was the aeroplane coming right at us, the second plane. And all I remember saying, was ‘Oh dear God just take my soul’.

And as it was coming towards us, I could see the pilot and there was absolutely no expression on this man’s face at all.....’

- Greenall & Marselle 2007

The Psychologist Vol 20 No 9
9/11 survivor research

‘And we looked up and it was the aeroplane coming right at us, the second plane. And all I remember saying, was ‘Oh dear God just take my soul’.

And as it was coming towards us, I could see the pilot and there was absolutely no expression on this man’s face at all.....’

..., we sometimes found ourselves psychologically affected by what we were researching. Indeed, on more than one occasion during these interviews, we had tears in our eyes and almost had to halt some interviews for our own benefit, let alone the participant’s.

- Greenall & Marselle 2007

The Psychologist Vol 20 No 9
Who is Affected by Vicarious Trauma?

Vicarious Trauma refers to the cumulative effect of trauma that someone’s story has on the helping listener. It is defined as indirect exposure to trauma through a first hand account or narrative of a traumatic event. It is underreported and widespread among the helping professions including:

- Lawyers
- Doctors
- Mental Health Professionals
- Teachers
- Rescue Workers
- Judges
- Job Placement Professionals
- Police Officers
- Middle Management
- Nurses
- Financial Advisors
- Journalists
- Hospice Workers
- Commissioners
- Therapists
- Clergy
- Occupational Therapists
- Paralegals
- Bankers
- Volunteers
- Physical Therapists
- Insurance Claim Agents
- Social Workers
- Human Resource Professionals
- Friends
- Commissioners
- Therapists
- Custody evaluators
- CPS workers
- Public service workers
The (real) birth of Vicarious Trauma

The DSM has been heavily criticized since its inception for incorporating social norms into diagnoses and turning unusual behavior that may not necessarily indicate mental problems into mental problems.

The much anticipated fifth revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) was finally published by the American Psychiatric Association in May 2013 following a long process of development and significant controversy over draft versions. During the development and subsequent release of the DSM-5, the APS prepared a number of resources to assist members to consider the strengths and limitations of the DSM classification system, as well as to understand the revisions in the new DSM-5.
The birth of Vicarious Trauma

• DSM 5 (2013) after 9/11
• DSM inclusion of VT helped de-stigmatize the reactions of first responders and reinforce the need for wellness training and post-exposure care.
Vicarious Trauma

*(some) Signs and Symptoms*

- Change in self-concept, cognitive changes, unusual negative thoughts about self and others, reduced sense of safety, reduced trust in others, sense of impending doom
- Hypervigilance, low mood, anxiety, appetite, sleep, anxiety, intrusive disturbing images
- Increased absenteeism, reduced efficacy, drop out from workforce
Vicarious Trauma

Can impact broadly:

• Emotional symptoms
• Behavioral symptoms
• Physiological symptoms
• Cognitive symptoms
• Spiritual symptoms (hope, optimism)
Vicarious Trauma – some risk factors

• Feeling isolated
• Lack of supervision
• Occupational burnout
• Too much work

• High compassion
• Personal trauma history (contentious)
• Poor coping strategies
• Personal stresses
Is VT about ‘too much empathy’?

- Moral empathy (bad)

- Empathy is biased, stupid, innumerate, illogical, dangerous, short-sighted, parochial, can spark violence, it fails morality, and is corrosive of personal relationships

- Cognitive empathy/ compassion (good)
Post-traumatic Growth?

• PTG is not the opposite of PTSD - they often go hand in hand

• PTG is the *process of change* not the outcome.
Post-traumatic Growth?

5 potential benefits of PTG

- "Finding personal strength, forming deeper relationships, discovering more meaning in life and seeing new possibilities"
- Viktor Frankl "in some way suffering ceases to be suffering at the moment it finds meaning".

(It won’t just happen – you have to work on it)
Post-traumatic Growth?

• PTG is seen in some trauma survivors who report

  - improved relationships,
  - new possibilities for one’s life,
  - a greater appreciation of life and personal strength,
  - and spiritual development

  - Tedeschi & Calhoun, 1995, 2004
30 – 70% trauma survivors report some form of subsequent benefit.

PTG has been confirmed in several US studies of people who experienced

- cancer (Cordova, Cunningham, & Carlson, 2001),
- sexual assault (Frazier & Berman, 2008),
- the 9/11 terrorist attacks (Park, Aldwin, Fenster, & Snyder, 2008)

However studies in other countries have yielded ‘divergent’ results.
9/11 Victim Recovery and Growth

N = 1,382, 72% white, 51% women. 
*Poulin et al, 2009.*
Stress, Burnout, Vicarious Trauma, and Other Emotional Realities in the Lawyer/Client Relationship: A Panel Discussion

Jean Koh Peters
Yale Law School

Marjorie A. Silver

Sanford Portnoy
(Lawyers have)...

‘an ethical duty ..to attend to the ways in which trauma and vicarious trauma disrupt ourselves and to repair that on a regular basis.

Peters et al, 2004, 854
(because)

Without that kind of careful, ongoing care of ourselves and of the things that give us meaning, we would eventually have nothing to give our clients and no resources through which to render service.’

Peters et al, 2004, 854
Five (validated) strategies - likely to enhance meaning in life which may improve individual resilience against Vicarious Trauma, STS, Compassion Fatigue and Burnout

• Self-determination Theory
• Broaden and Build Theory of Positive Emotions
• VIA Character Strengths
• Professional Quality of Life – ProQoL
• Mindfulness practice
Self-Determination Theory (SDT)

Ryan & Deci (2000, 2017) - ‘intrinsic motivation’ requires the satisfaction of three psychological needs:

• Autonomy
• Competence
• Relatedness

Similarly, ‘...to enhance and promote the natural tendency toward eudaimonic well-being’

- Joseph, 2011 p.112
Broaden-and-Build Theory

• Positive emotions broaden people’s ‘momentary thought-action repertoire’.
Join the over 5 million people who have learned to improve their quality of life with the only free, scientific survey on character strengths.

Research reveals that people who use their strengths every day are:

- **3x more likely to report having an excellent quality of life**
- **6x more likely to be engaged at work**

Take The Free VIA Survey
The VIA Classification

A Life of Pleasure, Engagement and Meaning

From Positive Psychology at the Movies, by Ryan M. Niemiec and Danny Wedding; ©2008 Hogrefe; www.hogrefe.com. Used with permission
Results revealed significant, positive correlations showing virtues predicted posttraumatic growth (Duan & Guo, 2015) and trait resilience was a strong predictor of PTSD (Duan, Guo, & Gan, 2015)
Professional Quality of Life

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<tr>
<th>Compassion Satisfaction</th>
<th>Compassion Fatigue</th>
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<tr>
<td>• The positive aspects of helping</td>
<td>• The negative aspects of helping</td>
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(Jang et al, 2016)
Professional Quality of Life

Compassion Satisfaction

Compassion Fatigue

Burnout

Secondary Trauma
Enhancing professionalism by ‘doing compassion’ better

Tania Singer - ‘Cognitive Perspective Taking’

Strategies for enhancing compassion have measurable effects on attitude and resilience.

https://www.youtube.com/watch?v=n-hKS4rucTY
Higher professionalism leads to higher compassion satisfaction, and lower compassion fatigue.
Abstract
This study used a survey to investigate the relationship between mindfulness and compassion fatigue and compassion satisfaction among 41 volunteers and professionals at an agency serving the traumatically bereaved. Compassion satisfaction has two aspects: secondary traumatic stress and burnout. Greater levels of mindfulness are associated with higher levels of compassion satisfaction, which is protective against compassion fatigue, secondary traumatic stress, and burnout.
Vicarious Resilience

• ..in response to client trauma survivors’ own resiliency
  - Hernández, Gangsei, & Engstrom, 2007

• ..a unique consequence of trauma work
  - Sally Hunter 2012
Methods used by participants to develop vicarious resilience in this study (inter alia):
- reflecting on human beings’ capacity to heal
- regaining hope
- educating others about the effects of violence by writing and speaking opportunities
“WE CAN’T PRACTICE COMPASSION WITH OTHER PEOPLE IF WE DON’T TREAT OURSELVES KINDLY.” Brene Brown, Social Worker

VULNERABILITY – HOPE - OPTIMISM

https://www.ted.com/talks/brene_brown_on_vulnerability
One Highlight

- Mindfulness-based treatments are effective in ameliorating symptoms of PTSD.
‘...when people work to improve the welfare of other people, they experience more meaningfulness in their work. (leading to) increasing the personal well-being of workers and the productivity of organizations.'
For a Profound Sense of Meaning in Life, Have Sex

New research untangles the well-being benefits of sexuality.

Choose your favorite model of well-being. Now try to find any mention of sexuality in it.

Tripartite model of well-being? Nope. This framework suggests that your life is about
Sexuality Leads to Boosts in Mood and Meaning in Life With No Evidence for the Reverse Direction: A Daily Diary Investigation

Todd B. Kashdan, Fallon R. Goodman, Melissa Stiksma, Cayla R. Milius, and Patrick E. McKnight
George Mason University

Sex is rarely discussed in theories of well-being and rarely empirically examined using methods other than cross-sectional surveys. In the present study, a daily diary approach was used (for 21 days with 152 adults) to explore the relationship between the presence and quality of sexual episodes and well-being (positive affect, negative affect, meaning in life). Time-lagged analyses demonstrated that sexual activity on 1 day was related to greater well-being the next. As for the quality of episodes, higher reported sexual pleasure and intimacy predicted greater positive affect and lower negative affect the following day. When the reverse direction was tested, well-being did not predict next-day sexual activity, pleasure, or intimacy. These results suggest a unidirectional relationship in which the presence and quality of sexual activity lead to gains in well-being the following day. Contextual moderators (gender, relationship status, relationship closeness, and relationship length) allowed for tests of conditions altering the link between sexuality and well-being. Relationship closeness was the most robust moderator in predicting greater levels of meaning in life and positive affect following sexual episodes. These data provide evidence to support the continual consideration of sex in empirical work and theoretical models of elements that comprise healthy relationships and a good life.

Keywords: daily diary methodology, meaning in life, pleasure, sexuality, well-being
Organisational Support

If you are here, you are awesome.
Organisational Support (my top three)

Foster a safe and supporting environment:

- Enhance EAP support, supervision & CPD training on trauma-affected work, (insulate against stigma)
- Encourage frequent breaks, case-load supervision and no overworking
- Implement a de-briefing protocol
Critical Incident Stress Debriefing: CISD (US)

- **International Critical Incident Stress Foundation**
  Home Page of Jeff Mitchell's ICISF includes information about critical stress debriefing.

- **CISD Reference List, compiled by Dr. Atle Dyregrov**
  An updated listing of published research on critical incident stress, psychological debriefings, and related group work.

- **A Critical View on Debriefing, by Richard Gist, PhD**
  Richard Gist summarizes concerns surrounding critical incident debriefing, including references to additional literature.
Other resources (US)

• David Baldwin's Trauma Pages: www.traumapages.com
• Eye Movement Desensitization and Reprocessing International Assoc.: www.emdria.org
• The Center for Self-Leadership (IFS): ww.selfleadership.org
• International Society for Traumatic Stress Studies: www.istss.org
• Jim Hopper's Trauma Website: www.jimhopper.com
Personal Support
- step back for perspective

**Strategies for self-distancing**

- Visualize an observer (fly on the wall)
- Self-talk in third person (‘you can do this’)
  [https://www.nature.com/articles/s41598-017-04047-3](https://www.nature.com/articles/s41598-017-04047-3)
- Write about it (journaling – what is important and why)
  [https://pdfs.semanticscholar.org/db65/d3eec48e82b8895c11711554852deac29f62.pdf](https://pdfs.semanticscholar.org/db65/d3eec48e82b8895c11711554852deac29f62.pdf)
- Your future take – imagine and reflect from 1 week in the future, then a year, then 10 years
Personal Support
- my top three for enhancing resilience to VT, STS, CF and BO

• **Mindfulness**
  - *Wherever you go, there you are* – Jon Kabat-Zinn
  - *Wherever you are, make sure you’re there* - Dan Sullivan
  - How to meditate when you can’t sit still - [https://tinyurl.com/y9vhngnv](https://tinyurl.com/y9vhngnv)

• **Fitness (food & sleep) regime/ yoga** - *(habits)*

• **Friends and relationships**
Ok, two more...

- Watch your boundaries: don’t be ‘the rescuer’
- Stay loose, use humour, and don’t over-analyse: *iatrogenic risk*
Stress Reduction Kit

Bang Head Here

Directions:
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.
Individual and workplace resources & assessments 1


• Professional Quality of Life scale - ProQOL.org or http://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf

• Secondary Trauma Stress scale - https://www.researchgate.net/publication/254364576_The_Secondary_Traumatic_Stress_Scale_STSS

• Psychological First Aid - http://www.redcross.org.au/files/Psychological_First_Aid_An_Australian_Guide.pdf
Individual and workplace resources & assessments 11

• Resources about Trauma-Informed Care -  
  https://indianajuvenilejustice.com/2013/09/24/resources-about-trauma-informed-care/

• Healing Power How to keep legal minds intact by mitigating compassion fatigue -  
  https://www.texasbar.com/AM/Template.cfm?Section=Past_Issues&Template=/CM/ContentDisplay.cfm&ContentID=24119

• Secondary trauma & compassion fatigue when working with clients in crisis -  

• Compassion Fatigue (ABA) -  
  https://www.americanbar.org/groups/lawyer_assistance/resources/compassion_fatigue.html
Selected Resources 1


• 2004 – Linley & Joseph – ‘Positive change following trauma and adversity: A review’ Journal of Traumatic Stress

• 2006 – Carter – ‘When the Enemy Lies Within: Risk for Professional Burnout Among Family Lawyers’ American Journal of Family Law


Selected Resources 11

- 2015 - Duan, W., Guo, P., & Gan, P. Relationships among trait resilience, virtues, post-traumatic stress disorder, and post-traumatic growth. PLOS One. DOI: 10.1371/journal.pone.0125707
Selected Resources 111

- 2016 – ABA -Understanding The Impact Of Secondary Trauma On Lawyers Working With Children And Families https://www.americanbar.org/content/dam/aba/multimedia/cle/materials/2016/05/ce1605cal.authcheckdam.pdf
Thank you