

Vicarious trauma, secondary trauma, and compassion fatigue



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- **American Counseling Association:** The website offers many resources on counselor wellness. See <www.counseling.org/wellness_taskforce/index.htm>.
- Bloom, S. L. (2003). *Caring for the caregiver: Avoiding and treating vicarious traumatization*. This text provides an overview of the nature and treatment of vicarious trauma. See <www.sanctuaryweb.com/PDFs_new/Bloom%20Caring%20for%20Caregiver.pdf>.
- Columbia University, Faculty of Social Work. *Helping students cope with trauma and loss—Online training for school personnel*. Part 1 of the course includes information on self-care and vicarious traumatization. See <<http://ci.columbia.edu/w0521/index.html>>.
- The *Compassion Fatigue Awareness Project*© offers original training materials, workbooks, and texts. See <www.compassionfatigue.org/index.html>.
- *Compassion Fatigue Solutions*. This Canadian organization offers training and educational resources. See <www.compassionfatigue.ca>.
- The Headington Institute supports humanitarian organizations by promoting the well-being of their staff. They offer several online training resources and self-study guides, including one on Understanding and Addressing Vicarious Trauma. See <www.headington-institute.org/Default.aspx?tabid=2647>.
- Helpguide.org is a not-for profit organization that provides resources to support mental and emotional health. The web site offers online resources on Post-Post Traumatic Stress Disorder and Trauma. See <http://helpguide.org/topics/ptsd_trauma.htm>.
- Mathieu, F. (2007). *Transforming compassion fatigue into compassion satisfaction: Top 12 self-care tips for helpers*. This website offers some useful tips for educators and other caregivers. See <www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>.
- Meichenbaum, D. (2012). *Self-care for trauma psychotherapists and caregivers: Individual, social and organizational interventions*. This document provides a good overview of prevention strategies. See <www.melissainstitute.org/documents/Meichenbaum_SelfCare_11thconf.pdf>.

- National Clearinghouse on Family Violence. (2001) *Guidebook on vicarious trauma: Recommended solutions for anti-violence workers*. Although this resource was created for those who work with women and victims of family violence, it is useful for anyone that provides services or support to those who have experienced violence and trauma. This guidebook also provides a copy of the Figley Self-Awareness Exercises, which may be helpful in determining if one is suffering from vicarious traumatization. See <www.crvawc.ca/documents/guidebook%20on%20vicarious.pdf>.
- The National Institute for Trauma and Loss in Children offers online courses and a variety of resources on various topics related to trauma and loss in children. See <www.starrtraining.org/trauma-and-children>.
- Netce.com is the website of CME Resource, an organization that provides challenging curricula to help health care professionals raise their levels of expertise while meeting their continuing education requirements. A course on [Vicarious Trauma and Resilience](#) is available. See Palm, K. M., Polusny, M. A., & Follette, V. M. (2004). Vicarious traumatization: Potential hazards and interventions for disaster and trauma workers. *Prehospital and Disaster Medicine*, 19, pp. 73–78.
- Richardson, J. I. (2001). *Guidebook on vicarious trauma: Recommended solutions for anti-violence workers*. Ottawa, Canada: Health Canada. Retrieved from <www.phacaspc.gc.ca/nfcv-cnivf/familyviolence/pdfs/trauma_e.pdf>.
- Trippany, R. L., Kress, V. E. W., & Wilcoxon, S. A. (2004). *Preventing vicarious trauma: What counselors should know when working with trauma survivors*. Retrieved from <http://static.ow.ly/docs/Preventing%20Vicarious%20Trauma_1LX.pdf>.