

Vicarious Trauma: Impacts and Risks of Trauma Work on the Clinician

March 5, 2021 | 1:00 PM – 2:30 PM EST



Presenter: Faige Flakser, LMSW

Presenter Biography: Faige Flakser is a Certified Complex Trauma Professional, practicing trauma psychotherapy in NYC. She studied advanced trauma work in The Institute of Contemporary Psychotherapy as well as in ISSTD. She also trained in EMDR, IFS, Somatic Attachment and Polyvagal Theory. Faige is the incoming co-chair of ISSTD's SIG on Vicarious Trauma, where she brings her experience and skill in trauma work, to focus on the needs of the clinician.

Presenter: Cynthia Wilson, PhD, MA, ATR-BC

Presenter Biography: Cynthia Wilson PhD, MA, ATR-BC has been practicing Art Therapy for over 15 years with a PhD in Art Therapy, masters in Marriage and Family Therapy and a Certificate in Art Therapy from Notre Dame de Namur University (NDNU). She holds both registration and board certification as an Art Therapist. Her clinical dissertation research and individual practicum topics included destigmatization, collaborative care, attunement, communication, trauma and dissociative spectrum disorders. In private practice, she works with children, adults, groups and families with issues of trauma, dementia, dissociation, behavioral and learning delays, grief and loss, anxiety, depression, and rehabilitation, skilled nursing and sub-acute placements. She has been the Central Valley Regional Representative for the Northern Ca Art Therapy Association (NorCATA) since 2016 and is currently also the Acting President and Regional Rep Liaison. As reg rep she has curated 3 public art shows for people to express their transformation with art therapy and designed a protocol as response to the Northern Ca wild fires in Paradise. She organized the implementation of and co-facilitated an art festival immediately after the Ca fires and further organized and co-facilitated a year of monthly art therapy support groups for fire survivors. She has also written a chapter on Art Therapy and collaborative care with sex trafficked individuals. Her career as an art therapist is substantial to the field of trauma to bridge the gaps between credentials for collaborative care and advocate when words can not.



Content Level: Beginning/Introductory

Potential to Distress: No

Abstract: This presentation will begin with a focus on defining Vicarious Trauma (VT) and associated terms. Next, we will focus on the potential impacts of VT on the trauma therapist, both personally and professionally. A primary goal of this workshop will be to help trauma therapists recognize current risk factors in their own practices and spot early signs of VT so they can implement measures to reduce the impact of VT before it leads to burnout.

Objectives

Upon Completion of this webinar, participants will be able to:

- Define and recognize vicarious trauma
- Identify the risk factors that contribute to the onset of vicarious trauma
- Outline the effects of vicarious trauma on therapy outcomes
- Describe the interplay of vicarious trauma and countertransference
- Discuss vicarious resilience and describe the application of this concept to their own practices

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References

Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: recent research and its implications for psychiatry. *World psychiatry*, 15(2), 103-111.

Brockhouse, R., Msetfi, R. M., Cohen, K., & Joseph, S. (2011). Vicarious exposure to trauma and growth in therapists: The moderating effects of sense of coherence, organizational support, and empathy. *Journal of Traumatic Stress*, 24(6), 735-742.

Ellis, C., & Knight, K. E. (2018). Advancing a model of secondary trauma: consequences for victim service providers. *Journal of interpersonal violence*, 0886260518775161.

Ludick, M., & Figley, C. R. (2017). Toward a mechanism for secondary trauma induction and reduction: Reimagining a theory of secondary traumatic stress. *Traumatology*, 23(1), 112.

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