

**WHAT DOES IT LOOK
LIKE WHEN THE
RIVER RUNS DRY**



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**ACKNOWLEDGEMENT
OF COUNTRY**



THE
SEEDLING
GROUP



INTRODUCTIONS

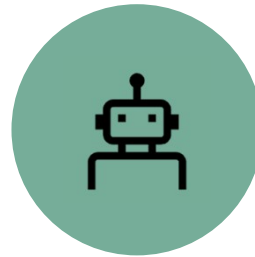
TOPIC FOR TODAY



EXHAUSTION



VICARIOUS
TRAUMA



COMPASSION
FATIGUE



BURNOUT



**OR
ENDURANCE?**



Not if but when

VICARIOUS TRAUMA



**EMPATHY
VERSUS
SYMPATHY**

RECOGNISING VT

- Why can't I help my client?
- Maybe I'm not a good counsellor
- I can't switch off, it keeps playing on my mind
- I'm so tired all the time
- I'm dreading working with him/her/that family
- I'm not cut out for this, maybe I should change careers



CHANGING POINTS OF REFERENCE

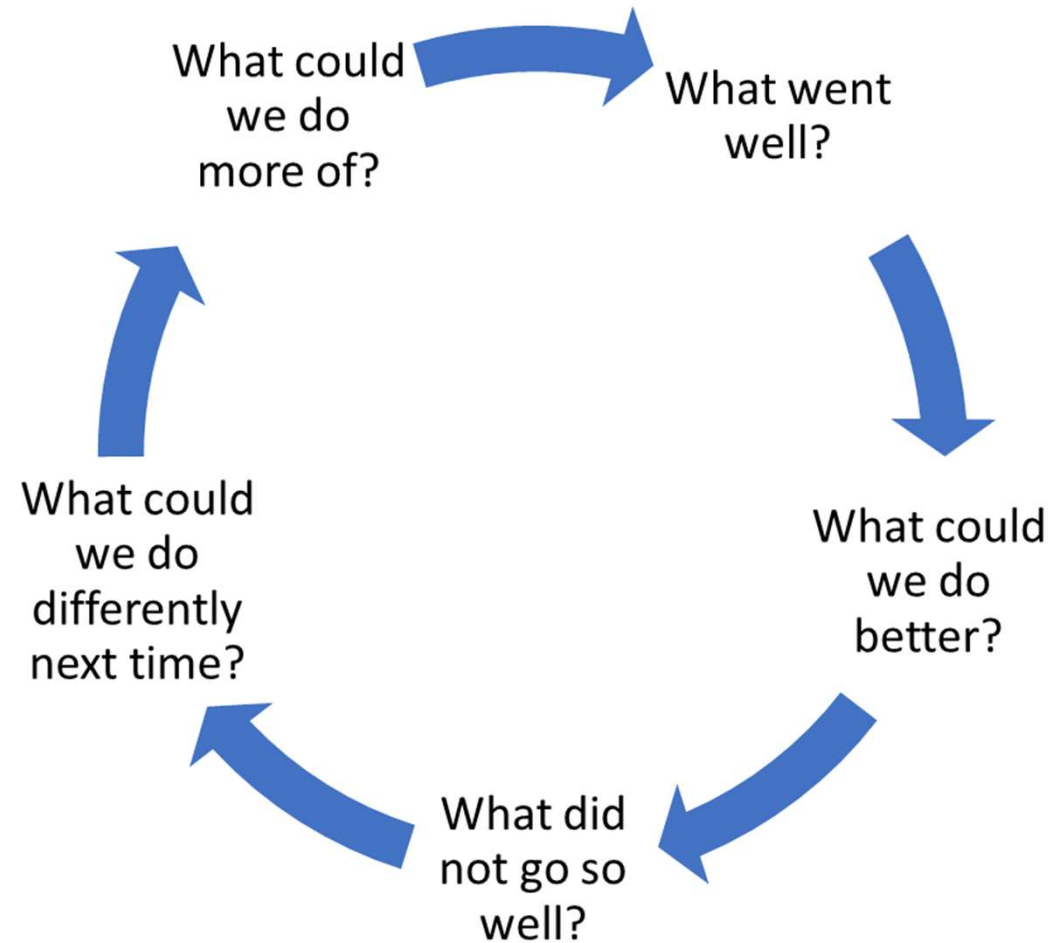
What happened?

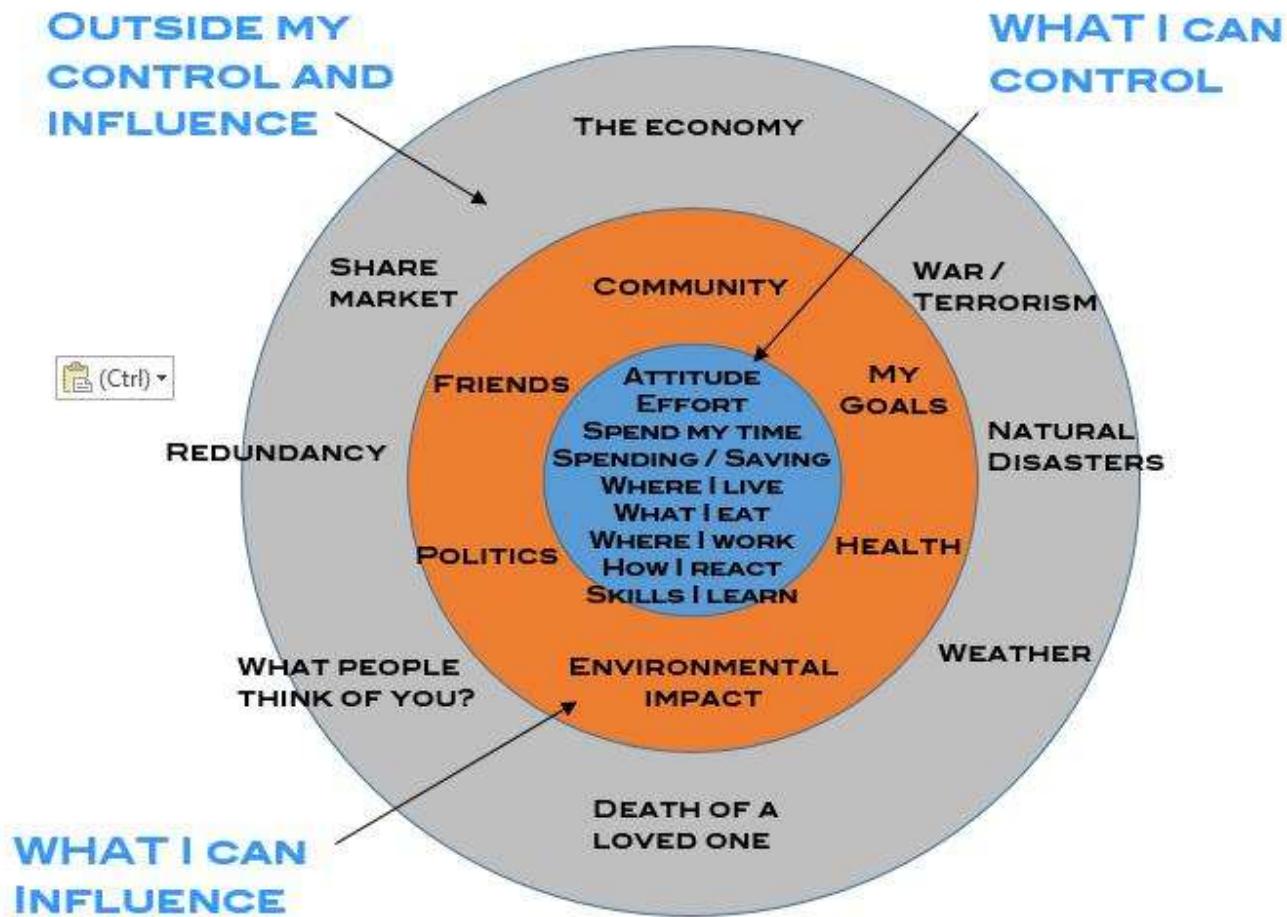
What were you thinking and feeling?

What was good and bad about the experience?

What sense can you make of the situation?

What else could you have done?





CIRCLE OF CONTROL



TAKE HOME RESOURCES

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZSAORJIO1YC](https://www.youtube.com/watch?v=ZSAORJIO1YC)

EXTRA READING

Hernández, P., et al. (2007). "Vicarious resilience: a new concept in work with those who survive trauma." Family Process 46(2): 229-241.



Trippany, R., et al. (2004). "Preventing vicarious trauma: what counselors should know when working with trauma survivors." Journal of Counseling and Development 82(1): 31-37.