

# VICARIOUS TRAUMATISATION

By Verity Er & Yorklyn Yeo

## WHAT IS IT?

A transformation in an individual's view of the world, resulting from an empathetic engagement with others' traumatic experiences

*(e.g. witnessing others in violent incidents, interviewing trauma survivors)*

(Rauvola et al., 2019)

## WHY IS IT RELEVANT TO YOU?

Frontline correctional officers like prison officers, CRSes and psychologists are at higher risk of vicarious traumatisation

*After an inmate shared about the abuse he had experienced as a child...*



*Children are not safe among adults*

*Having heard of multiple domestic violence cases...*



*Even loved ones can harm me*

They are frequently exposed to traumatic experiences in their interactions with inmates, especially inmates who are trauma survivors

(Richardson, 2001)

## HOW DOES IT IMPACT YOU?



Difficulties sleeping



Rage



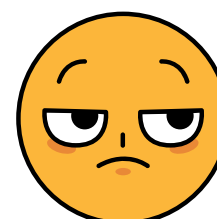
Helplessness/Distressed



Questioning the meaning of work/your own identity and values



Loss of control/Feeling Overwhelmed



Low morale/job dissatisfaction

(Richardson, 2001)

# WHAT CAN YOU DO?

## INDIVIDUAL

### RECOGNISE SIGNS OF VICARIOUS TRAUMA THROUGH COUNSELLING

- Email [PRIS\\_MR@pris.gov.sg](mailto:PRIS_MR@pris.gov.sg) or register [here](#)
- Call 6865 9209 to fix an appointment with Raffles Medical Group/Fitness & Health International



### ENSURE WORKLOAD BALANCE AND TAKE REGULAR BREAKS



### SEEK SUPERVISION

- Speak to your supervisors about how work had impacted you and how you can be supported



### SEEK SUPPORT & ENGAGE IN SELF-CARE

- Talk to family/friends and participate in activities that will take your mind off work



(Ashley-Binge & Cousins, 2019)

## SUPERVISOR

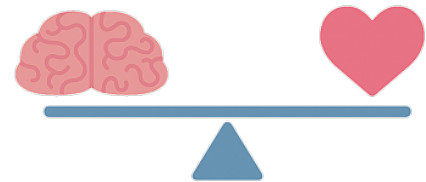
### PROVIDE ADEQUATE TRAINING ON MANAGING DISTRESS



### MONITOR OFFICERS' WORKLOAD AND PROMOTE FLEXIBILITY



### CHECK IN ON OFFICERS' WELLBEING REGULARLY



### ENCOURAGE OPEN COMMUNICATION AND PROMOTE CULTURE OF CARE



(Ashley-Binge & Cousins, 2019)

#### References

Ashley-Binge, S., & Cousins, C. (2019). Individual and organisational practices addressing social workers' experiences of vicarious trauma. *Practice*, 32(3), 191–207. <https://doi.org/10.1080/09503153.2019.1620201>

Rauvola, R. S., Vega, D. M., & Lavigne, K. N. (2019). Compassion Fatigue, secondary traumatic stress, and Vicarious Traumatization: A qualitative review and research agenda. *Occupational Health Science*, 3(3), 297–336. <https://doi.org/10.1007/s41542-019-00045-1>

Richardson, J. I. (2001). *Guidebook on vicarious trauma: Recommended solutions for anti-violence workers*. Health Canada, Population & Public Health Branch, Healthy Communities Division, Family Violence Prevention Unit, National Clearinghouse on Family Violence.