

## Vicarious Trauma

- Vicarious trauma is an occupational hazard for individuals working and volunteering in the fields of victim services.
- This risk is due to the nature of the work and the continuous exposure to victims of trauma and violence and their stories. Vicarious trauma can occur from hearing stories of violence or abuse, reading difficult case files, or seeing photos of the aftermath of abuse.
- Research has revealed that people who experience “indirect” trauma may exhibit similar symptoms to the direct survivors of trauma, albeit often with a lesser intensity (Saakvitne & Pearlman, 1996; Kirby, Shakespeare-Finch, & Palk, 2011)

### On Demand Trainings

This online catalog of trainings is available to all CASA staff and volunteers. To register and start using the platform, click [here](#). The On Demand Learning Guide contains detailed directions on how to register and use the platform and can be found [here](#). Some suggested trainings regarding trauma-informed care and self-care are listed below.

1. [It Isn't About the Bubble Bath: Departing from Conventional Self Care-Wisdom to Take Better Care of Yourself.](#)
2. [Navigating Change with the Nervous System in Mind](#)
3. [Resilience, Burnout, and the Nervous System](#)
4. [Resiliency For You](#)
5. [Building Resilience and Supporting Healing](#)
6. [Trauma First Aid](#)

Additional Resources:

<https://ovc.ojp.gov/program/vtt/what-is-vicarious-trauma>

<https://www.youtube.com/watch?v=L415Vt21NXI>