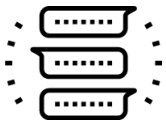
Welcome!

Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Let's Chat!

Select ***All Panelists & Attendees*** from the drop-down when commenting in the chat pod.

Tech Support

Email us if you need tech support or have questions!
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Increase your family service provision skills with promising practices, resources, and tools to support military families through disaster and hazard cycles, including "blue skies" readiness.

militaryfamilieslearningnetwork.org/mfra/disaster

MILITARY FAMILY READINESS ACADEMY

New Courses Available!

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Risk & Resilience: Understanding Secondary Traumatic Stress Post-Pandemic

Event Materials
Visit the **event page** to download a copy of the presentation slides and any additional resources.

Continuing Education
This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

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Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities.

https://militaryfamilieslearningnetwork.org

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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2019-48770-30366.

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Today's Presenter

Brian Bride, Ph.D., M.S.W., M.P.H.

Distinguished University Professor

Georgia State University

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RISK & RESILIENCE: UNDERSTANDING SECONDARY TRAUMATIC STRESS POST-PANDEMIC

BRIAN E. BRIDE, PH.D., M.S.W., M.P.H.

DISTINGUISHED UNIVERSITY PROFESSOR

GEORGIA STATE UNIVERSITY

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POST-TRAUMATIC STRESS DISORDER

- Exposure
- Re-Experiencing/Intrusion Symptoms
- Avoidance Symptoms
- Negative Cognitions and Mood Symptoms
- Arousal Symptoms
- Distress/Impairment

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IMPACT OF TRAUMA WORK ON CAREGIVERS

- Secondary traumatic stress
- Compassion fatigue
- Vicarious traumatization
- Burnout

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SECONDARY TRAUMATIC STRESS

"THE *NATURAL*, CONSEQUENT BEHAVIORS AND EMOTIONS RESULTING FROM KNOWLEDGE ABOUT A STRESSFUL EVENT EXPERIENCED BY A SIGNIFICANT OTHER."

"A SYNDROME OF SYMPTOMS ~~NEARLY~~ IDENTICAL TO *PTS(D)* EXCEPT THAT EXPOSURE TO A TRAUMATIZING EVENT EXPERIENCED BY ONE PERSON BECOMES A TRAUMATIZING EVENT FOR THE SECOND PERSON."

(FIGLEY, 1999)

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COMPASSION FATIGUE

- Conceptually identical to Secondary Traumatic Stress.
- Introduced as a potentially less stigmatizing term.
- Sometimes used to refer to the combination of secondary traumatic stress and burnout.

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VICARIOUS TRAUMATIZATION

The **transformation** in the inner experience of the *caregiver* that comes about as a result of **empathic engagement** with traumatic material.

Profound **disruptions** in the *caregivers'* **frame of reference,** that is, his basic sense of **identity, world view, and spirituality**.

(Pearlman & Saakvitne, 1995)

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BURNOUT

BURNOUT IS A PROLONGED RESPONSE TO CHRONIC EMOTIONAL AND INTERPERSONAL STRESSORS ON THE JOB, DETERMINED BY THE DIMENSIONS OF EXHAUSTION, CYNICISM, AND INEFFICACY.

(MASLACH, ET AL., 2001)

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SUMMARY OF PREVALENCE STUDIES

Most service providers experience some symptoms of STS.

Most service providers have low levels of STS.

A significant amount of service providers have relatively high levels of STS.

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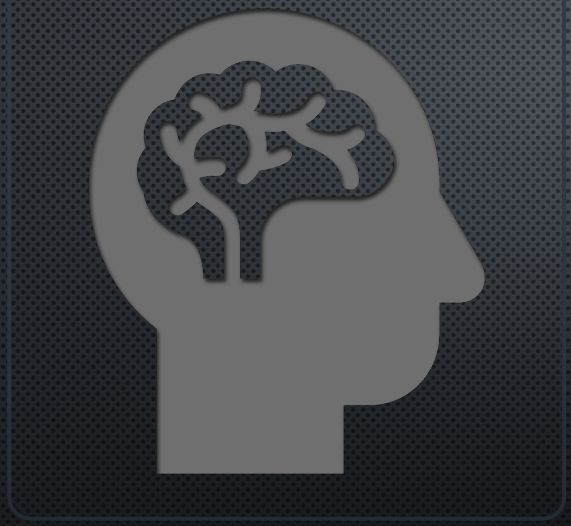

RISK FACTORS

- Exposure to traumatized populations
- Demographics
- Trauma History
- Burnout
- Empathy

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SHARED TRAUMA

"THE AFFECTIVE, BEHAVIORAL, COGNITIVE, SPIRITUAL, AND MULTI-MODAL RESPONSES THAT CLINICIANS EXPERIENCE AS A RESULT OF DUAL EXPOSURE TO THE SAME COLLECTIVE TRAUMA AS THEIR CLIENTS."

(TOSONE ET AL., 2012)

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MORAL INJURY AND DISTRESS

- In traumatic or unusually stressful circumstances, people may perpetrate, fail to prevent, or witness events that contradict deeply held moral beliefs and expectations
  - Moral injury is the distressing psychological, behavioral, social, and sometimes spiritual aftermath of exposure to such events
  - A moral injury can occur in response to acting or witnessing behaviors that go against an individual's values and moral beliefs.
  - Commission vs. Omission

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STS SELF-CARE

Awareness

- Recognize and identify STS symptoms.
- Monitor changes in symptoms over time.
- Recognize and monitor changes in functioning.

Balance

- Make personal life a priority.
- Attend to your physical health

Connection

- Make relationships with family and friends a priority.
- Honor your connection to your community.
- Revitalize your sense of life's purpose and meaning.

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Evaluation & Continuing Education

This webinar has been approved for the following continuing education (CE) credits:

- **Social Work, LPC, LMFT:** 1.0 CE from the University of Texas at Austin, Steve Hicks School of Social Work for social workers, LPCs, and LMFTs.
- **Commission for Case Managers:** 1.0 CE for Case Managers from the Commission for Case Manager Certification (CCMC).
- **Board Certified Patient Advocates:** 1.0 CE from the Patient Advocate Certification Board to Board Certified Patient Advocates (BCPA).
- **Certified Family Life Educators (CFLE):** This program has been approved by the National Council on Family Relations (NCFR) for 1.0 CE credit for CFLE.
- **A certificate of completion**

Evaluation Link

Go to the event page for evaluation and post-test link.

Continuing Education

Questions?

Email Rachel Brauner:
rbrauner@ag.tamu.edu

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Upcoming Event

American Red Cross
Service to the Armed Forces (SAF)

September 29, 2021
11:00 a.m. – 12:00 p.m. ET

Event Page:
https://militaryfamilieslearningnetwork.org/event/104649/

This webinar will provide information about the American Red Cross' Service to Armed Forces (SAF) program that provides various services and resources to service members, veterans, and their families.

Continuing education credit will be available for this webinar!

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