



# Mitigating the Psychological and Cultural Effects of Vicarious Trauma

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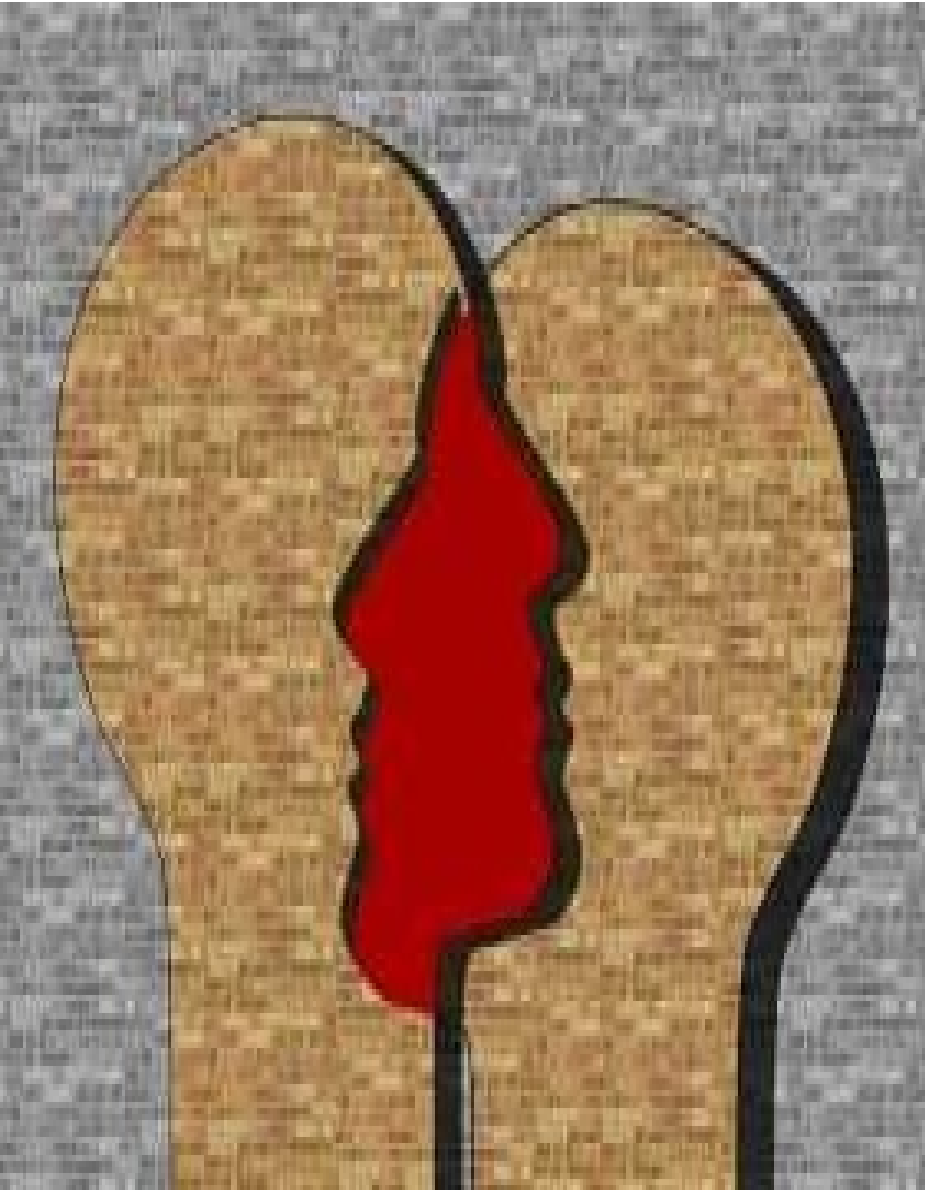
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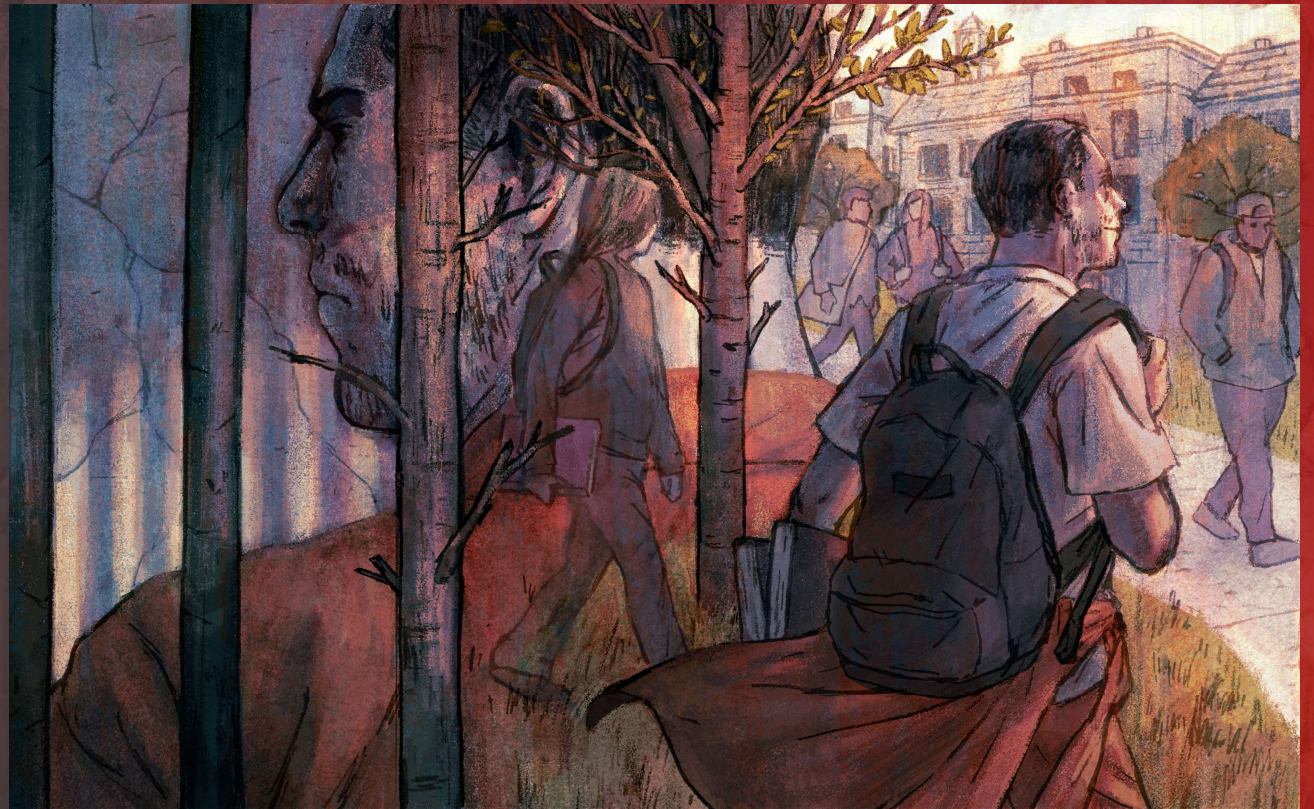


# Objectives

- (1) Participants will gain a greater understanding of the complex presentation of Vicarious Trauma**
- (2) Recognize the psychological and cultural factors influence of trauma .**
- (3) Participants will learn mitigating strategies that promote adaptive behaviors and to minimize the negative effects of trauma.**



# INTERPERSONAL AND INTRAPERSONAL FACTORS







# INTERPERSONAL FACTORS

## **Process of Change**

Understanding a person's thinking and emotional state can help in the counseling setting to assist them more effectively.

## **The five stages of emotional barriers**

Denial

Anger

Bargaining

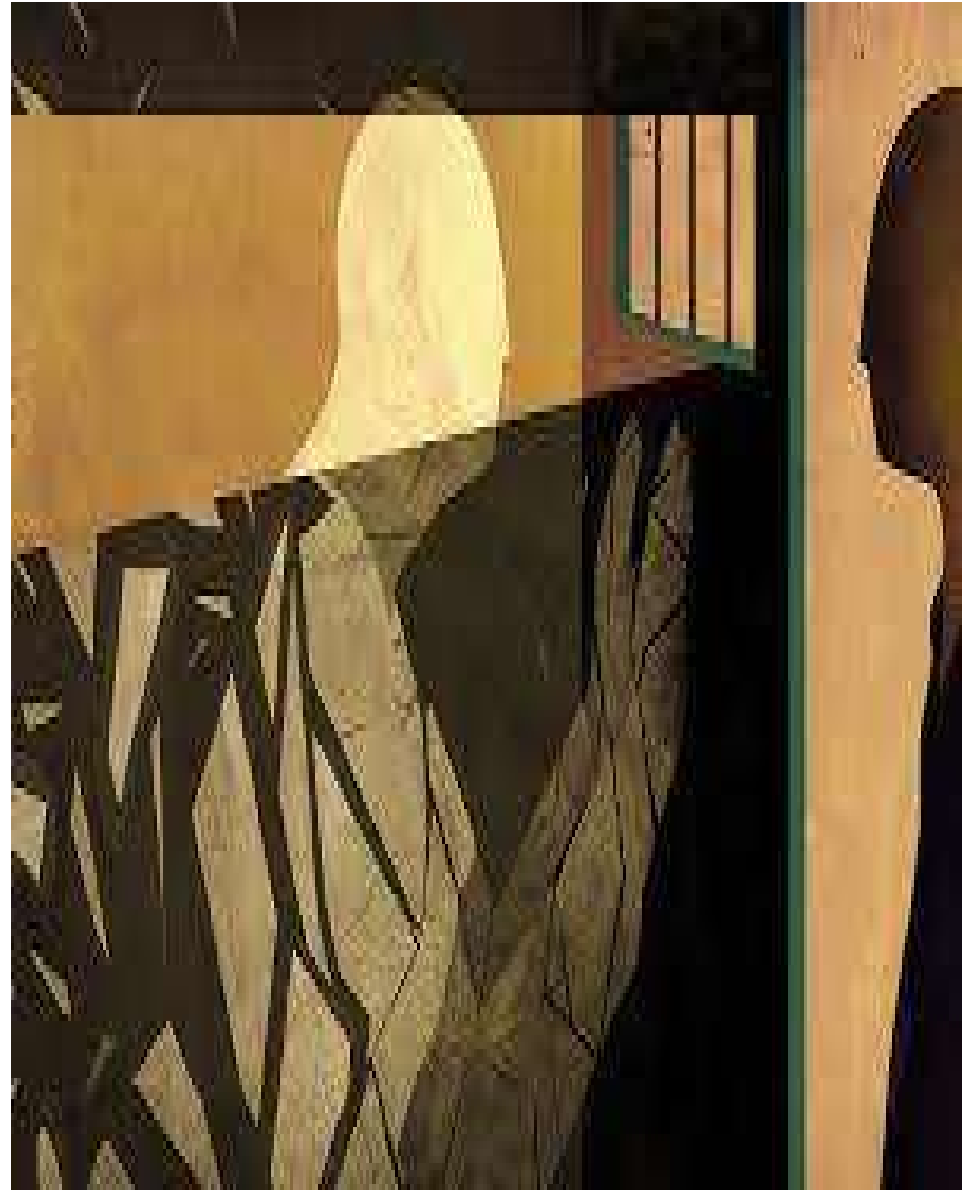
Depression

Acceptance

# INTERPERSONAL FACTORS

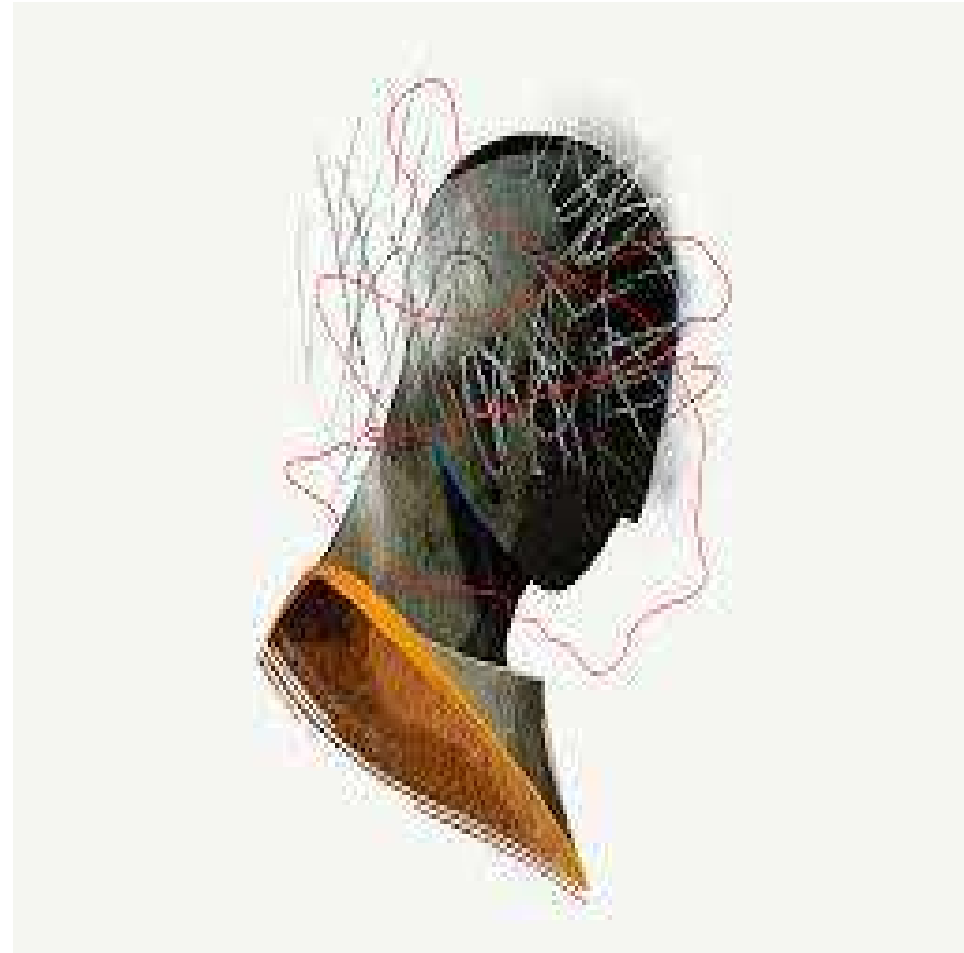
## **ADDITIONAL INTERPERSONAL FACTORS**

- Lack of familiarity
- Lack of Confidence
- Emotional Instability (underlying psychopathology)
- Poor social skills
- Poverty of Speech



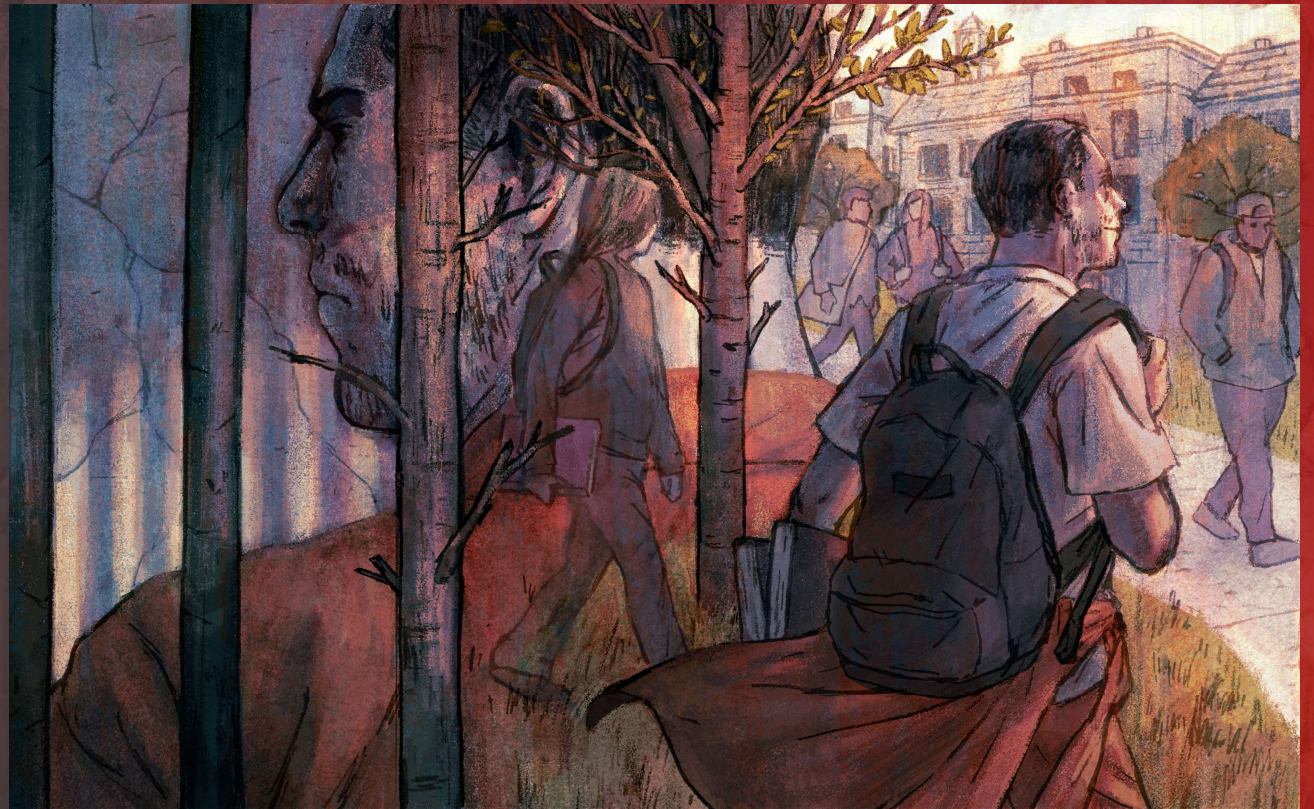
# INTRAPERSONAL FACTORS

- Managing Gender
- Minority Stress
- Psychological Well Being
- Issues around Disclosure
- Lack of Confidence
- Emotional Instability (underlying psychopathology)





# COMMUNITY PSYCHOLOGICAL AND CULTURAL FACTORS



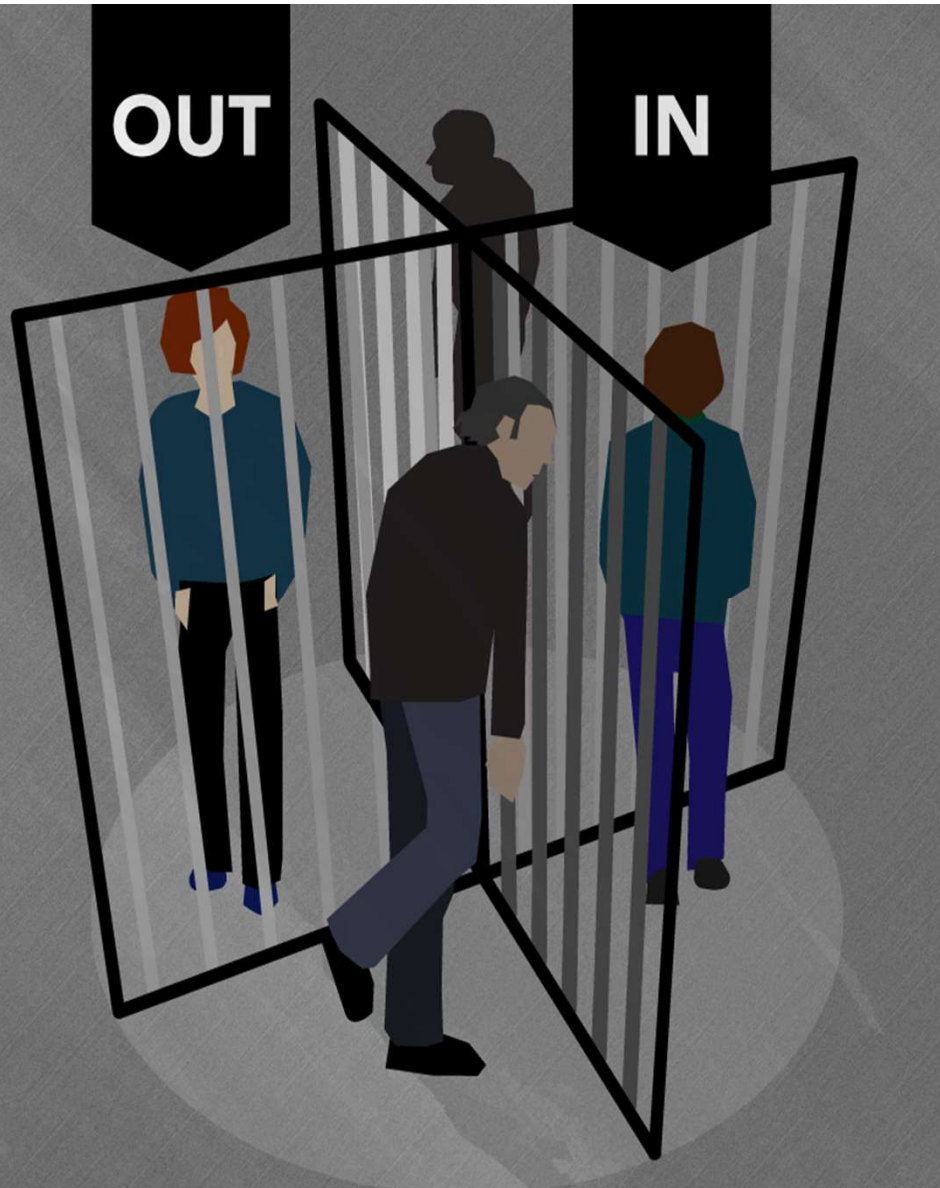




# COMMUNITY REENTRY

## Psychological Factors

- Post-traumatic stress disorder (PTSD)
- Post-incarceration syndrome.
- Substance abuse.
- Anxiety.
- Depression.
- Mania.
- Self-Condernnation
- Guilt
- Boredom



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## COMMUNITY REENTRY

### CULTURAL FACTORS

- Problems Reintegrating Back Into Society
- Gaps in Treatment
- Lack of Support
- Stigma “You’re on Your Own”
- Challenging Life Circumstances
- Managing Relationships





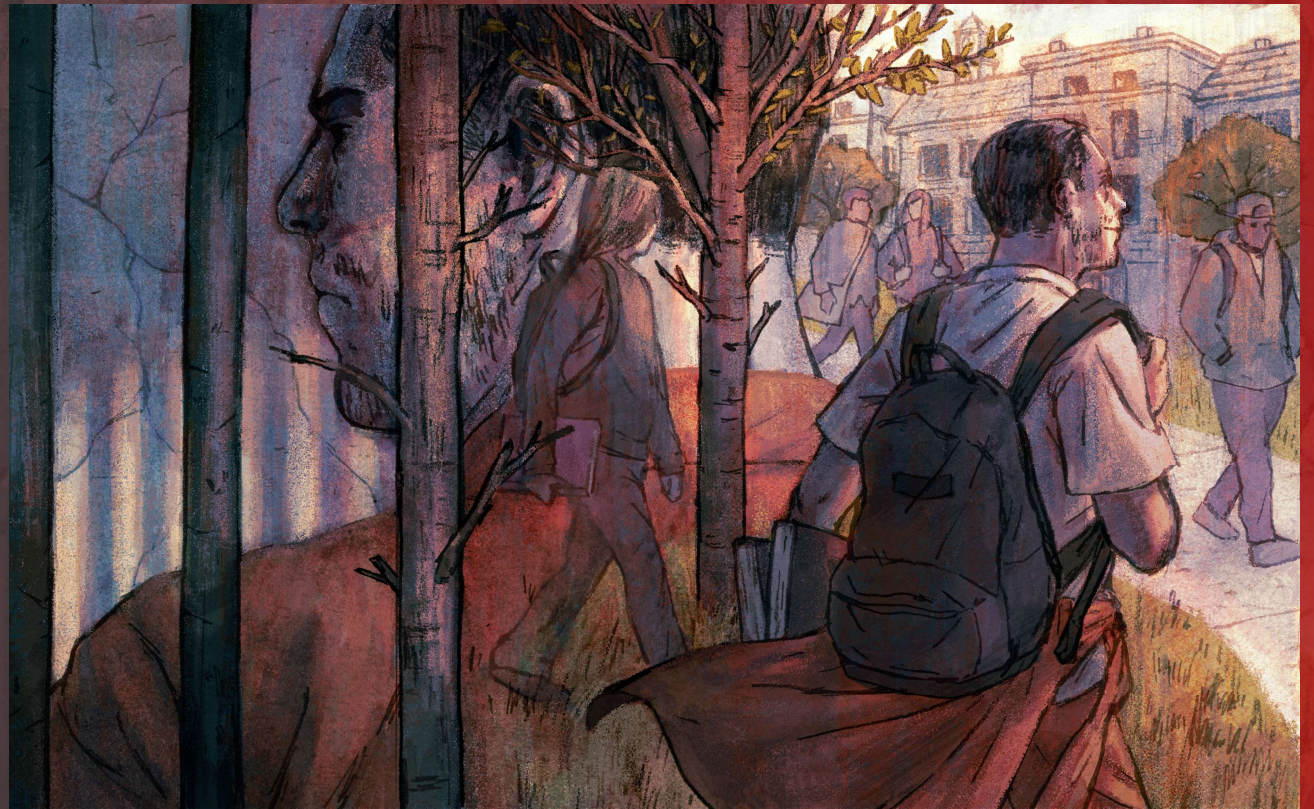
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# CONCEPTS OF RETRIGGERING TRUAMA





## CONCEPTS OF RETRIGGERING TRAUMA 20XX

Reliving a bad memory is not a fun experience. An individual reintegrating into the community will have some experiences in triggers of trauma.

### **What is an Activation?**

An activation is a feeling, memory, smell, sound or sight causes a maladaptive response

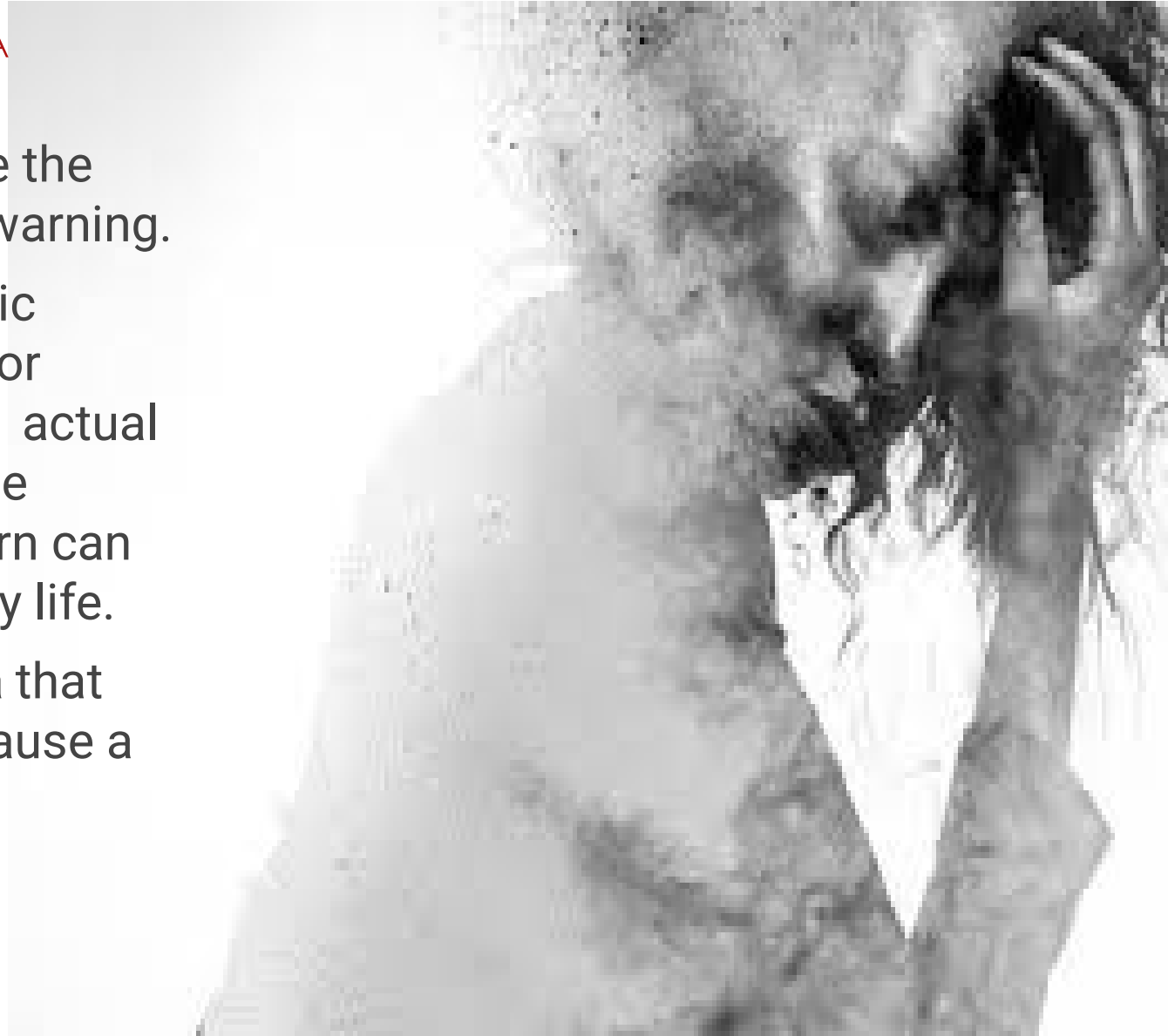


## CONCEPTS OF RETRIGGERING TRUAMA

Trauma reminders can cause the body to react without much warning.

Simple reminders of traumatic experiences, such as seeing or hearing something similar to actual experience, can cause intense physical reactions. This in turn can increase stressors in the daily life.

Even thoughts about trauma that come without warning can cause a strong physical response.



## CONCEPTS OF RETRIGGERING TRUAMA

### Are Memories Being Avoided?

Recovery can be prolonged from trauma memories.

Due to trauma memories being upsetting, an understandable way of dealing with them is to push them away and try not to think about them.

Avoidance and fear can also turn into other emotions, such as anger and depression.

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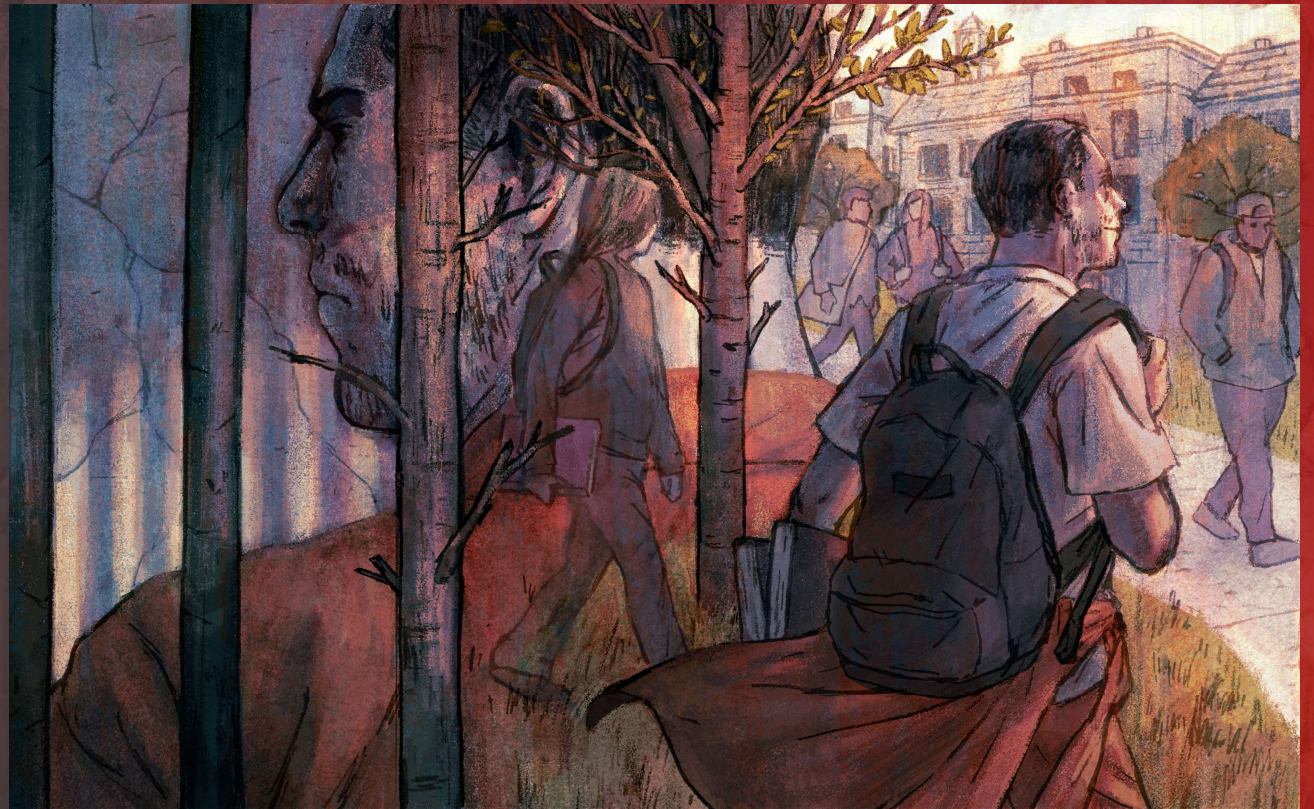
## CONCEPTS OF RETRIGGERING TRAUMA 20XX

### **Questions to ask when memories are being avoided and causing triggers to arise:**

- Have you avoided things because they remind you of the trauma (for example, outings with family and friends)?
- Have you felt lonely or socially isolated?
- Have you shut down your emotions?
- Do you feel drained and tired by always trying to avoid reminders of the trauma?
- Do you go far out of your way to avoid reminders?
- Do you spend money to avoid reminders?
- Have your relationships changed because you are less engaged?
- Is your self-esteem worse since the trauma?



# REINTEGRATING BACK INTO SOCIETY





## Intervention Strategies Promoting Adaptive Behaviors

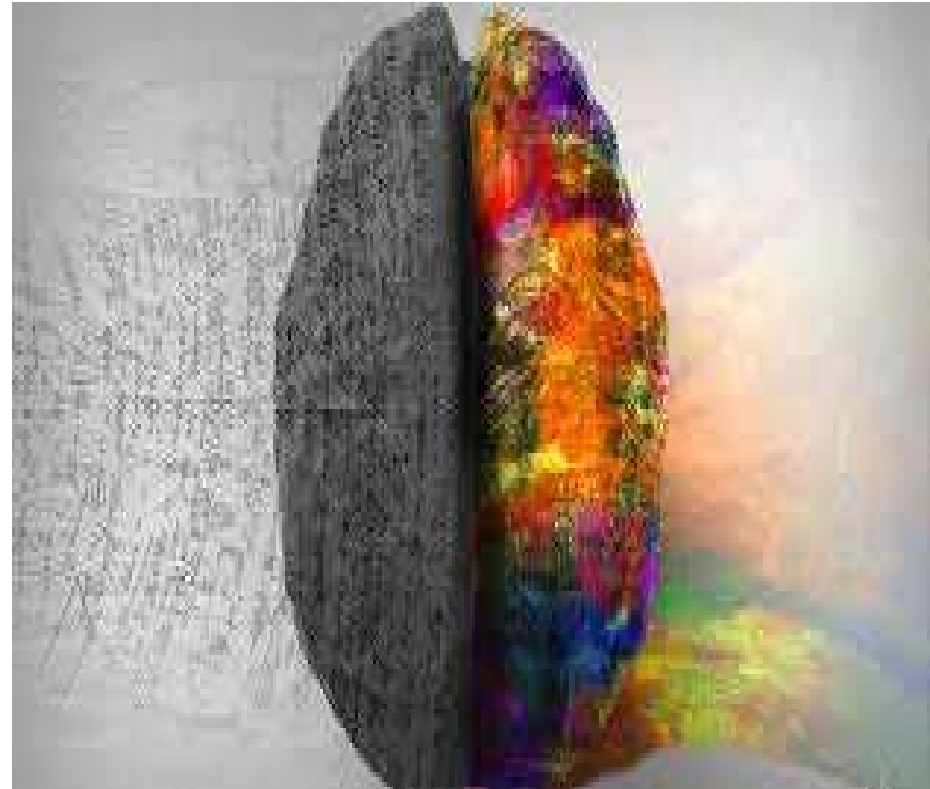
Community Resources that promote adaptive behaviors for reintegrating in the community:

- Education and Skills Training
- Substance Abuse Treatment Services
- Mental Health Services
- Employment Services
- Community Health Care Services

# Minimize negative affects of Trauma

Setting short- and long-term goals promote adaptive behaviors can assist is minimizing the negative affects of trauma:

- Housing
- Clothing
- Medical care
- Employment
- Substance abuse and recovery program
- Reentry mentoring program
- Relationship counseling





# References:

## 5 Stages of incarceration:

<https://www.prisonfellowship.org/resources/training-resources/in-prison/prison-culture/five-stages-of-incarceration/>


## Very well mind:

<https://www.verywellmind.com/mental-health-effects-facing-former-inmates-5195312>

<https://www.sutterhealth.org/health/teens/emotions-mental-health/coping-with-memories-triggersreminders>

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**THANK YOU!**

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