



VICARIOUS TRAUMA INFORMATION SHEET

What is Vicarious Trauma?

The term vicarious trauma, sometimes called compassion fatigue, describes the phenomenon generally associated with the “cost of caring” for others. It is believed that counselors working with trauma survivors experience vicarious trauma because of the work they do. Vicarious trauma is the emotional residue of exposure that counselors have from working with people as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured.

Counselors should be aware of the signs and symptoms of vicarious trauma and the potential emotional effects of working with trauma survivors.

American Counseling Association Fact Sheet #9 Vicarious Trauma

Resources for Judges & Attorneys

Texas Bar Journal: Healing Power

https://lsc-pagepro.mydigitalpublication.com/publication/?i=177679&article_id=1523349&view=articleBrowser

ABA Compassion Fatigue Website

https://www.americanbar.org/groups/lawyer_assistance/resources/compassion_fatigue

Resources for Law Enforcement & Bailiffs

Vicarious Traumatization and Spirituality in Law Enforcement

<https://leb.fbi.gov/articles/featured-articles/vicarious-traumatization-and-spirituality-in-law-enforcement>

Vicarious Traumatization: A Guide for Managing the Silent Stressor

<https://www.policechiefmagazine.org/vicarious-traumatization-a-guide-for-managing-the-silent-stressor/>

Additional Resources

American Counseling Association: Fact Sheet #9 Vicarious Trauma

<https://static1.squarespace.com/static/60773266d31a1f2f300e02ef/t/65b235e7149f36190739ffef/1706178023620/fact-sheet-9---vicarious-trauma.pdf>

American Counseling Association: Disaster Mental Health

<https://archive.counseling.org/knowledge-center/mental-health-resources/trauma-disaster>

Texas Lawyers Assistance Program

<https://www.tlaphelps.org/>