

### Beyond the Cliff Video:

Laura says, “One of the things about this toll is it’s slow moving and it’s very hard to gauge over time individually and collectively if we are being affected by what we are exposed to and also what happens is what we get very isolated.”

1. What does this quote mean to you?
2. Can you relate to Laura’s experiences? If so, in what ways?
3. Do you agree it can be hard to measure how we are affected by secondary trauma?
4. What can you do to ensure that you do not become isolated when it comes to managing secondary trauma?

### Vicarious Trauma Quote:

*Please read the following quote and discuss:*

“VT is the experience of **bearing witness** to the atrocities committed against another. It is the result of **absorbing** the sight, smell, sound, touch and feel of the stories told in detail by victims searching for a way to release their own pain. It is the instant physical reaction that occurs when a particularly horrific story is told or an event is uncovered. It is the **insidious way** that the experiences slip under the door, finding ways to permeate the counselor’s life, accumulating in different ways, **creating changes that are both subtle and pronounced**. VT is the energy that comes from being in the presence of trauma and it is how our bodies and psyche react to the profound despair, rage, and pain. **Personal balance** can be lost for a moment or for a long time.”

1. In what *subtle* ways does secondary trauma change us? How about changes that are more *pronounced*?
2. Have you experienced times your “personal balance” with work was lost? In what ways have you tried to find a healthy balance with the work you do?