



GTH: GATEWAY TO HOPE

# Lunch & Learn: Introduction to Secondhand Trauma

PRESENTED BY

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# Meeting Agenda

- Who we are – GTH and HHCI
- Today's topic:

## Introduction Secondhand Trauma

- Next Topic: **Introduction to Conduct Disorder – July 6th**
- Questions
- Stay Connected
- Survey





**RECOGNIZE**

a mental health disorder

# First, what is Trauma

Individuals may experience trauma as physical, emotional, or both. Trauma is our emotional reaction to impactful events such as life-threatening accidents, violent encounters, and socio-environmental disasters.

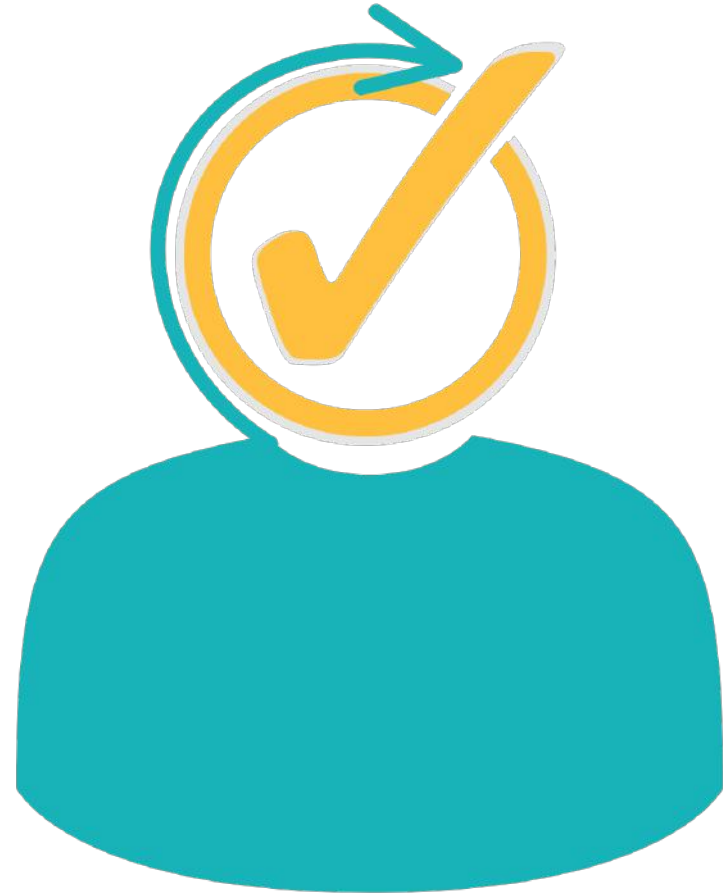
*“It’s what happens inside of you, as a result from what happened to you”*

# Secondhand Trauma

*Vicarious Trauma –*

Indirect exposure to a traumatic event through first-hand account or narrative of the event.

*Experiencing someone else's trauma.*



# Example: 9/11



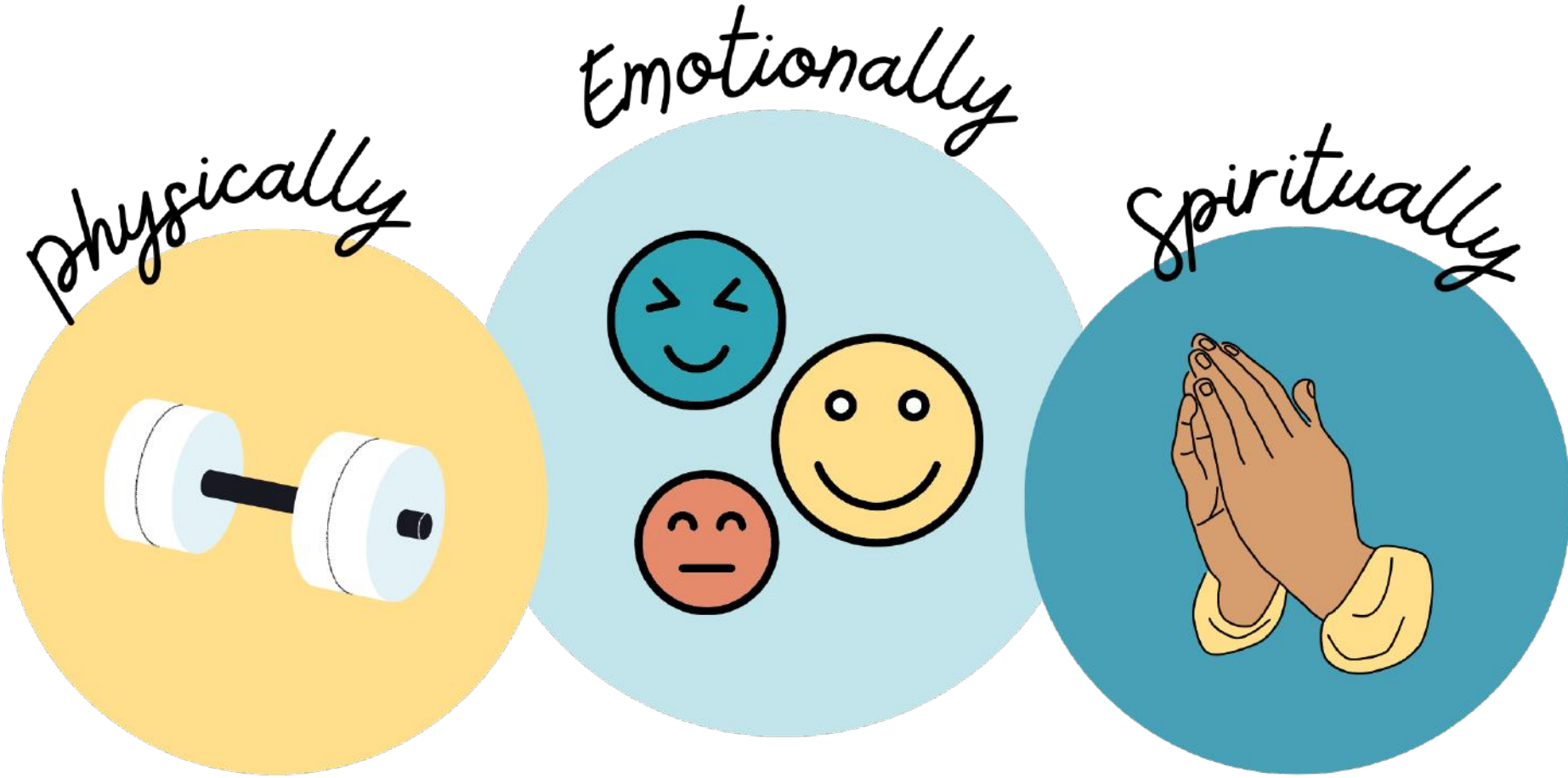
- Transmitted live globally
- Reliving the event
- Shook our sense of “safety”
- Recordings from many perspectives
- Stories from survivors, families, and close friends.

# What you hear or see through the screen

*Common traumatic stories of impact*

- *Child abuse and neglect*
- *Hate crimes/ violence*
- *Human cruelty*
- *Natural Disasters*
- *Freak Accidents*
- *Threats*
- *Gun violence*

# Symptoms can be experienced



# Experiencing Secondhand Trauma can

*Can distort our sense of...*

- *Purpose*
- *Choice*
- *Efficacy*
- *and ability to make a change.*

# Symptoms can be experienced



## WORLDVIEW

- *Change in Spirituality*
- *Change in Identity*
- *Change in Psychological needs*



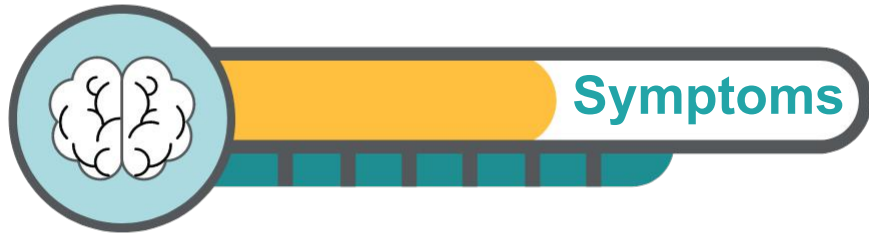
## PHYSICAL & PSYCHOLOGICAL

- *Hyperarousal Symptoms*
- *Repeated thoughts*
- *Feeling numb to tolerate strong emotions*



## BEHAVIORAL & RELATIONSHIP

- *Difficulty setting boundaries*
- *Disconnected from others*
- *Feeling like you don't have time for yourself.*



- Unwelcome thoughts
- Nightmares
- Miss work
- Social withdrawal
- Avoid situations/work
- Negative coping skills
- Avoid physical intimacy
- Increase pessimistic views
- Loss of motivation
- Distancing from spiritual beliefs
- Stress-related medical conditions
- Increase irritability and anger
- Loss of hope
- Unable to sleep and nightmares
- Morbid pre-occupation

# Who is at risk?

- Counselors
- Therapists
- Teachers
- Firefighters
- Paramedics
- Journalist/ Reporters
- Rescue Workers
- Police officers
- Doctors
- Nurses
- Lawyers
- Humanitarians

*... The are over-exposed to news and traumatic images or events.*

# REFER

to a mental health professional



# When you care...

You empathize with people who are *hurting*.

**Empathy** is the ability to identify with another person, to understand to a certain degree, and feel another person's pain and joy.

# Case Scenario: Lawyer

**Name:** James

**Age:** 35

**Job description:** Assists unaccompanied minors seeking asylum.

- Difficulty sleeping and anxiety about work performance.
- Excessive worry about what may happen to his family and children.
- Drinks five cups of coffee to deal with low energy.

# Common types of therapy

- Cognitive Behavioral Therapy (CBT)
- Family Systems Therapy
- Trauma-focused CBT (*Children & Adolescents*)

# Mental Health Provider

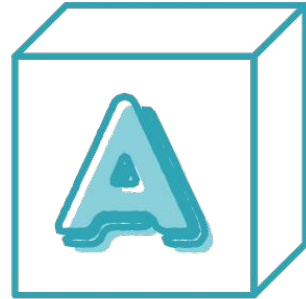
- Primary Care Doctor (GP)
- Counselors (LPC)(LCDC)
- Social Workers (LCSW)
- Therapist (LMFT)
- Psychologist (PhD, PsyD)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities



# Tools to Address Secondhand Trauma

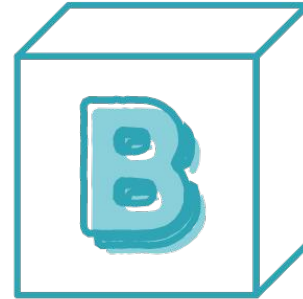
- Take advantage of your personal time off from your field.
- Participate in activities or hobbies outside work or the root of stress.
- Seek social support with those you trust.

# Dealing with Secondhand trauma



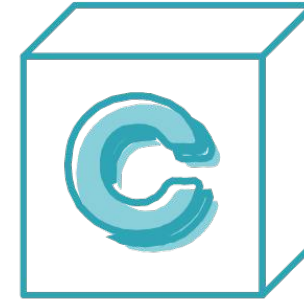
## AWARENESS

- Know your triggers
- Talk to someone
- Take a Self-Assessments
- Look-out for signs



## BALANCE

- Boundaries
- Prioritize your health
- Prioritize exercise
- Self-care



## CONNECTION

- Support system
- Relationships with others
- Spend time with yourself
- Seek help

# Hope Line

**The Hope Line**  
**(832) 831-7337**  
**RELIEF. JUST A CALL AWAY.**

Open daily 5-8pm  
\*In case of emergency

 **HHCI** Hope and Healing Center & Institute

**YOU ARE NOT ALONE**



**(832) 831-7337**



**RELATE**

to those in distress

# How to help...



ESCAPE



REST



PLAY

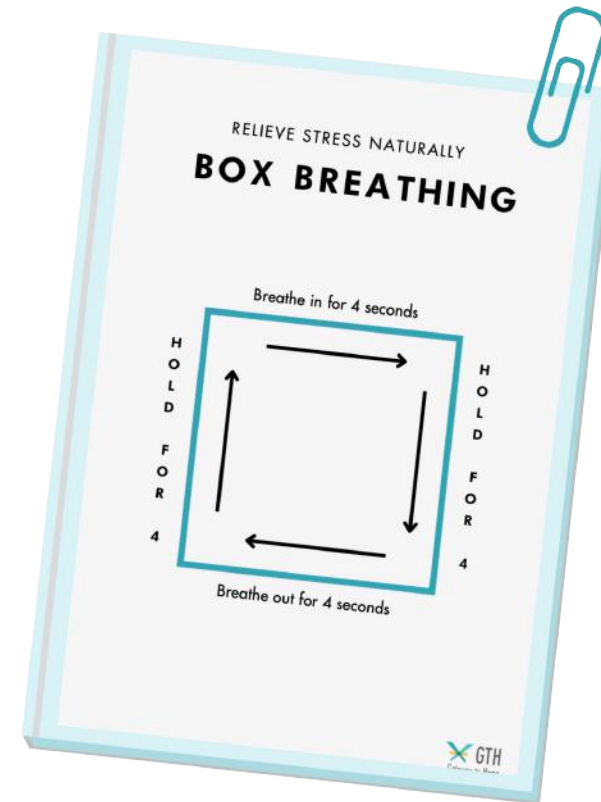
# Help yourself and others...

- Connect them with hobbies that bring joy
- Create boundaries and Limitations
- Getting comfortable saying “no”
- Manage your emotions
- Manage stress

# Manage Stress

Managing your stress can help you reflect and accept matters that are beyond your control.

- Mindful breathing
- Exercise regularly
- Get enough sleep
- Eat Healthy Meals



# Manage Emotions

Suppressing emotions can lead to issues over time.

- Identify your emotions
- Accept your emotions
- Identify what triggered the emotion
- Reevaluate the situation

# Reach out for help

**Accept that you can't do everything alone and you have blind spots.**

- Community support
- Support Groups
- Therapy



**RESTORE**

through supportive  
community

# Strong Community

Individuals benefit from having a strong support system to deal with life challenges and struggles.

- Positive social interactions
- Teamwork mentality
- Encourage Post-traumatic Growth

# Post-traumatic Growth

People may be able to identify...

- Enhance connections and relationships
- New lease on life
- New opportunities
- Reconnect with spiritual or religious beliefs
- Resilience





The positive effects on those who witness the healing, recovery and resilience of individuals who have survived life challenges and trauma.

# Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



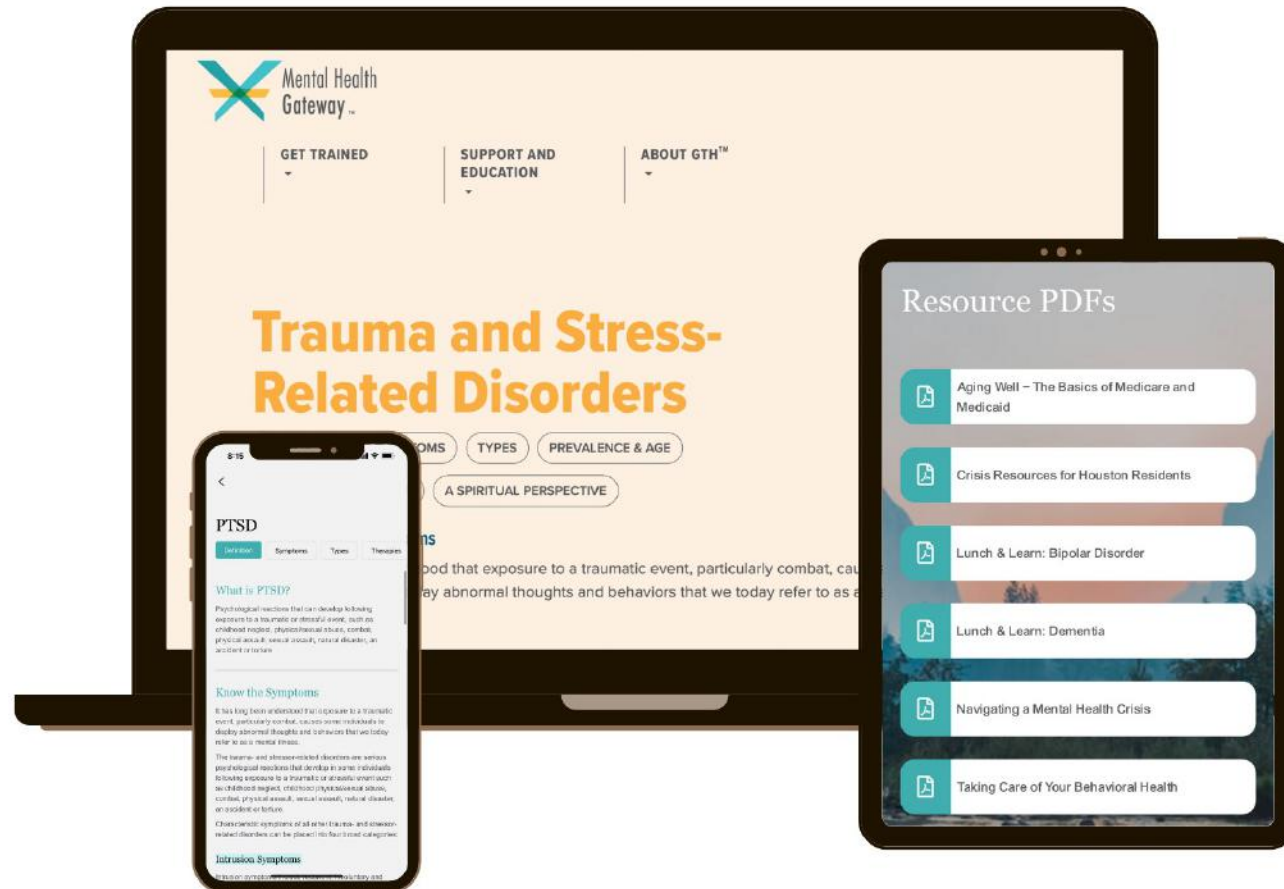
# June



Dear Lord, we know that You hold us when we're broken, You hold us in our traumas. You have not given us the spirit of fear, but of love, power, and soundness of mind. Let us reach out to You and others as we heal from our traumas and we help others heal from theirs. In Your name we pray -  
Amen

Isaiah 41:10

# MENTAL HEALTH GATEWAY WEBSITE AND MOBILE APP



# Contact Us to Learn About Our Trainings!

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# Stay Up-to-Date

Follow us on social media!

[MentalHealthGateway.org](https://www.MentalHealthGateway.org)

