



# Judicial Trauma Institute

*Effects of Secondary  
Trauma and Tools for  
Addressing the Everyday  
and the Crisis Moments*



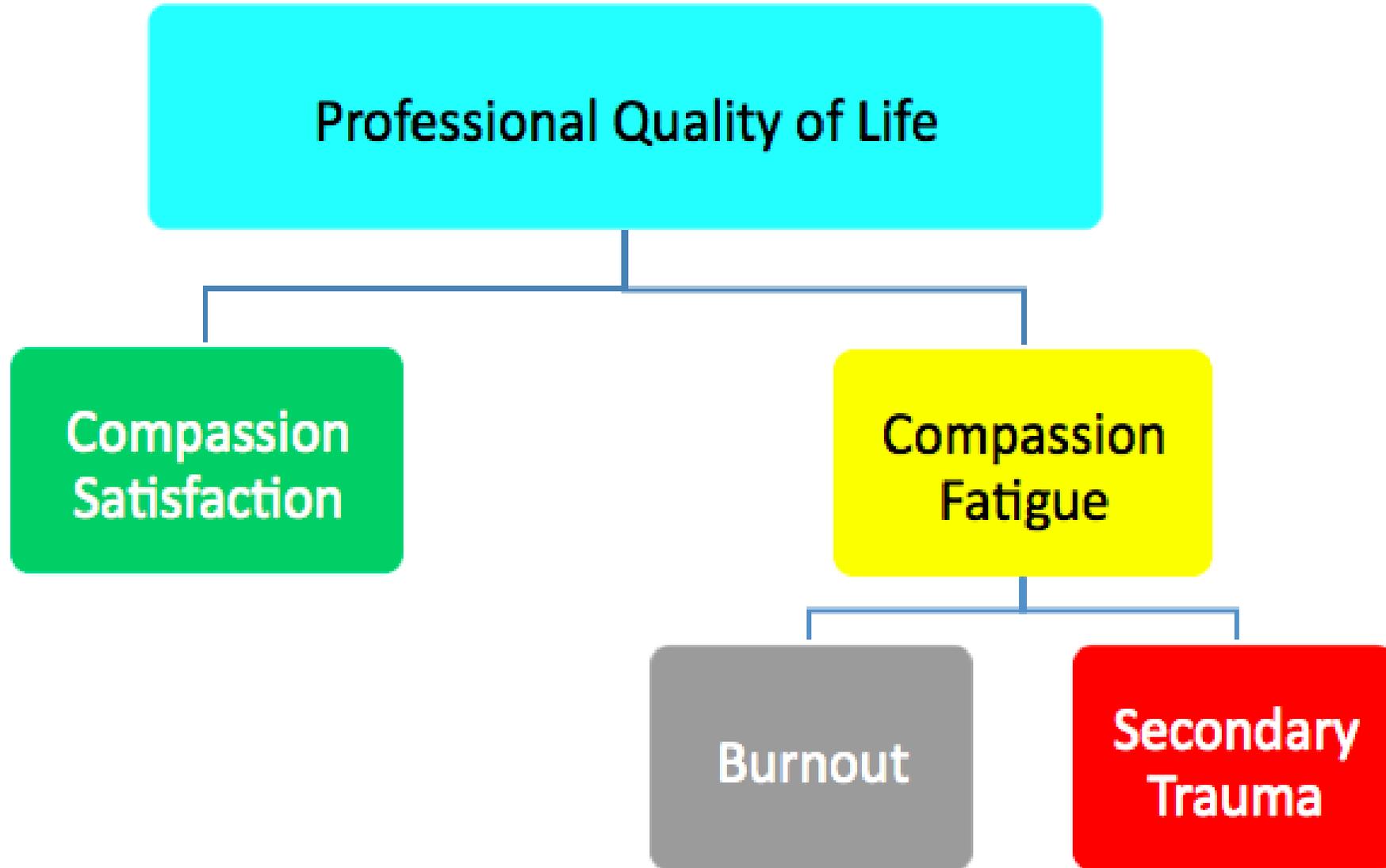
TEXAS CENTER  
★  
FOR THE JUDICIARY

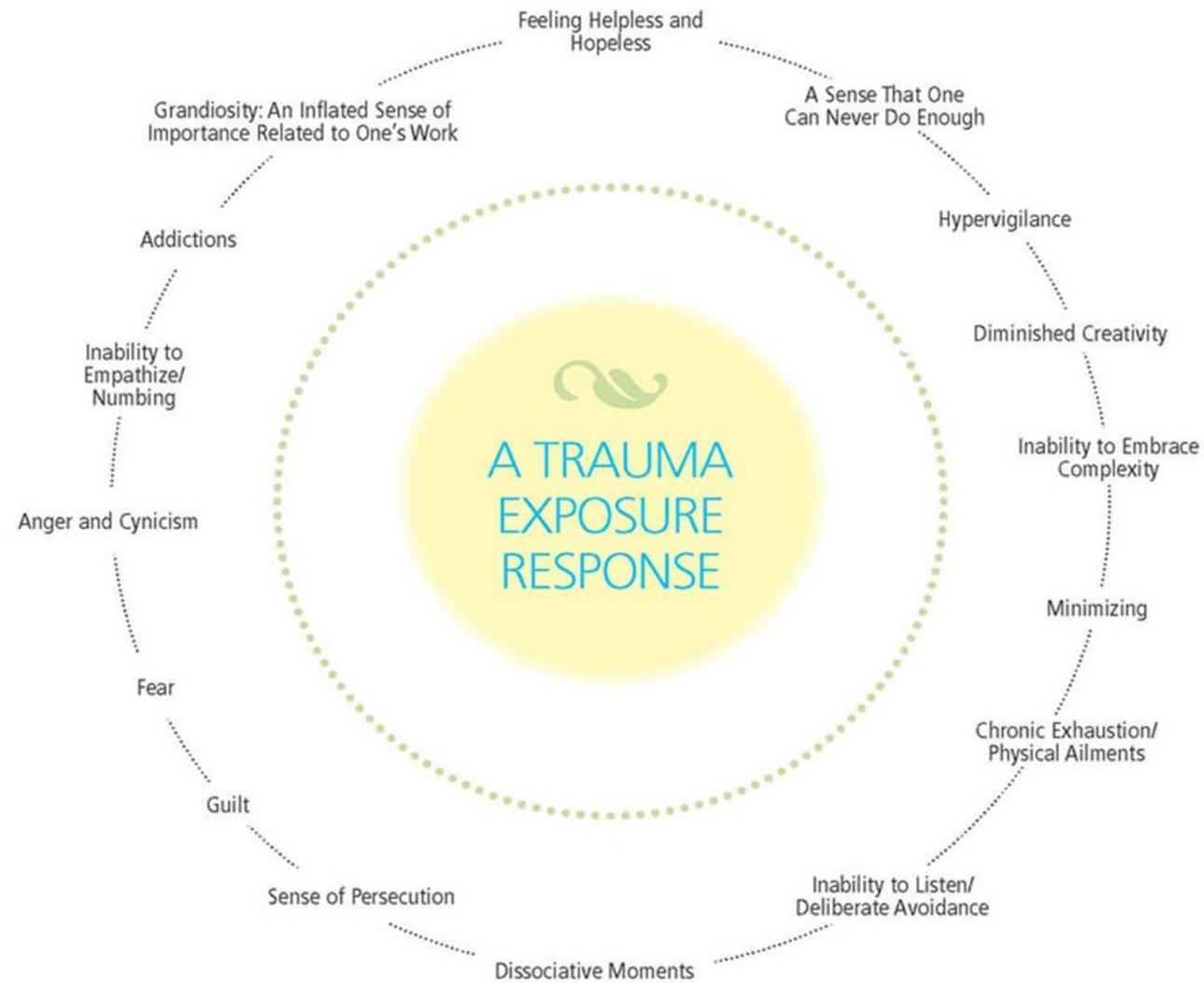
Becky Morales, LCSW-S

**STRESS LEVELS ARE**



**HIGH WITH THIS ONE THEY ARE**





### *Trauma Exposure Response*

A trauma exposure response may be defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet.

# Signs and Signals of a Trauma Response

- Feeling helpless and hopeless
- A sense that one can never do enough
- Hypervigilance
- Diminished creativity
- Inability to embrace complexity

# Signs and Signals of a Trauma Response

- Minimizing
- Chronic exhaustion/physical ailments
- Inability to listen/deliberate avoidance
- Dissociative moments
- Sense of persecution

# Signs and Signals of a Trauma Response

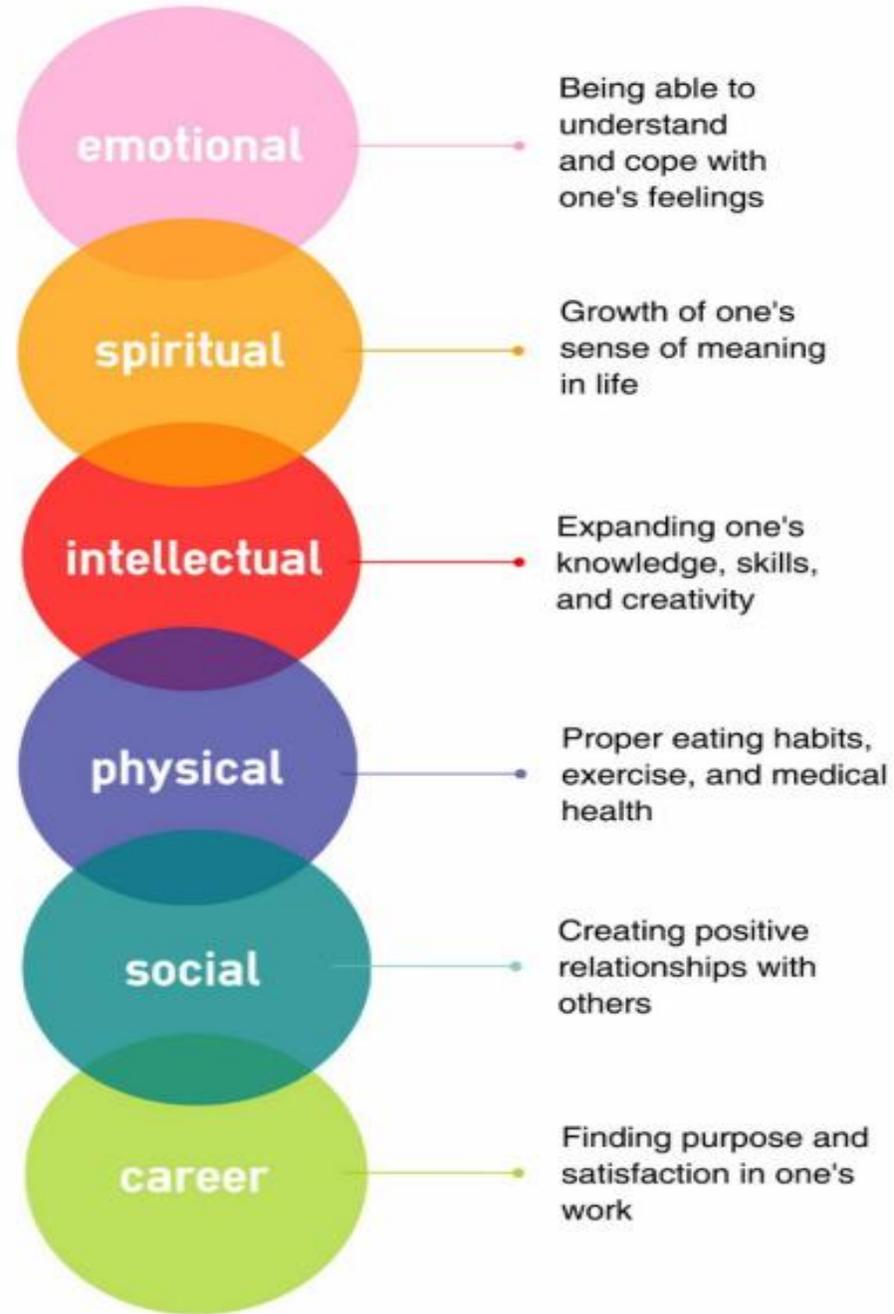
- Guilt and fear
- Anger and cynicism
- Inability to empathize/numbing
- Addictions
- Grandiosity (inflated sense of importance related to one's work)

# Professional Quality of Life Scale

- The ProQOL is a 30-item, self-report measure of the positive and negative aspects of caring
- The ProQOL measures Compassion Satisfaction and Compassion Fatigue
- Compassion Fatigue has two subscales:
  - Burnout
  - Secondary Trauma

WHAT can  
*we* do?

# W E L L N E S S



# THREE MINUTE BREATHING SPACE

Developed by Diana Tikasz, MSW, RSW



## FIRST MINUTE



### NOTICE ANY SOUNDS YOU HEAR

What sounds are near or far?

Notice how the sounds arise and disappear

Every time that you notice your thoughts wander, simply and without judgement, return to the sounds

## SECOND MINUTE



### NOTICE ANY BODY SENSATIONS

What parts of your body are warm or cold?

Notice the sensations of contact with the chair or with your clothing

Whatever you notice is perfectly fine and does not need to be changed in anyway. Just notice.

## THIRD MINUTE



### NOTICE YOUR BREATH

Where do you notice your breath- is it at the nostrils, the chest, the belly?

Notice the expansion and the settling of the body as you breathe

Can you follow the full inhale and exhale of breath?

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For more information and other downloadable resources, go to [www.TENDacademy.ca/resources](http://www.TENDacademy.ca/resources)

# On A Systems Level





YOU WOULDN'T LET THIS  
HAPPEN TO YOUR PHONE.  
DON'T LET IT HAPPEN TO  
YOU EITHER.

SELF CARE IS A PRIORITY,  
NOT A LUXURY.

Questions

?

?

Answers

?

# Thank You!

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