Vicarious trauma with sexual health professionals

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Drip Drip

- Trauma is very common
- Trauma is contagious
- It may be undetected: it is the Drip Drip effect.
The impact: less energy = less empathy for your loved ones
The impact: Feeling the world is a bad/lonely place
Feeling depressed, burnt out
Don’t underestimate the stories you hear!
The 4 pillars of health

- Physical health
- Mental health
- Sexual health
- Spiritual health
The 3 pillars of self-care

- Water
- Nature
- Exercise
The best anti-vicarious trauma: CONNECTION
CONNECTION

- Peer Supervision
- Professional and Clinical Supervision
- Friends
- Family
- Community
- Pets
- Hobbies
- Laughing
- The 3 pillars of Self-care
Breathing

- ‘Straw’ breathing
- ‘Ha’ breathing
- ‘Lion’ breathing
Affirmation & gratitude
Connection

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