

Supporting professionals impacted by trauma



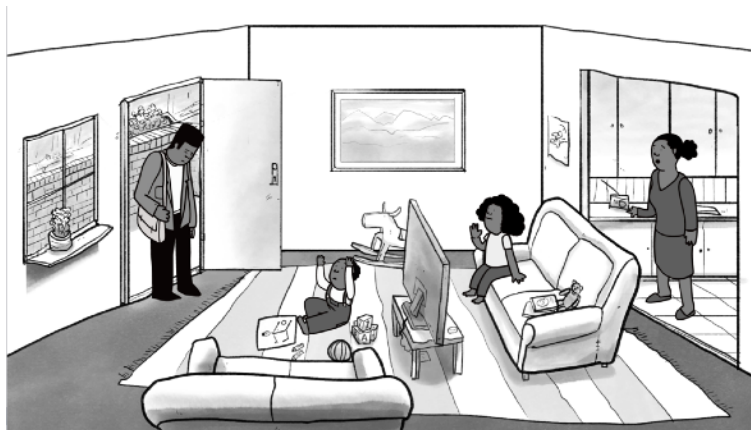
Working with Children impacted by adversity can be a rewarding and enriching experience, contributing to a practitioner's feelings of deep purpose and value within their professional life.



However, the emotional labour of this work can take its toll on our wellbeing, placing professionals at risk of developing secondary traumatic stress and vicarious trauma, which can be detrimental to both our physical and mental



Consistent feelings of powerlessness or overwhelm can over time, erode our sense of purpose and hope. The trauma-impacted environments in which we are working may not feel supportive, or able to respond to the needs of our participants or communities. We can become disillusioned, perceiving that we are unable to affect individual or systemic change.



Practitioners can become burdened by the experiences of those who are suffering. Taking on the emotions and perspectives of others, and in danger of being unable to release and let go when needed. If unsupported, we might enact these emotions elsewhere in our own lives and compromise our intimate relationships with those who care.



We may seek to preserve others from our dilemmas by disconnecting from our relationships and social life. We might become agitated or defensive, developing coping strategies which increase stress upon the body, or we might detect a sense of freezing or disconnecting from our responsibilities.



The caring professionals working with trauma and adversity must be aware of these risks and put support systems into place, which enables the continuation and deepening of their work. Support can look like many things and come from many places, depending on what works for you.



By 'Tuning-in' to ourselves and practicing self-compassion and kindness we can stay connected to the deep purpose within our work with others. Participating in personal therapy, supervision, or reflective practice will validate our experiences and explore the deep impact of trauma upon our mind, body and soul.



Participating in activities which restore balance and provide opportunities for social connection such as participating in the Arts, attending events, engaging in Social Action or leisure and fitness activities, can restore physical and emotional health and rebalance our systems.



Educating ourselves in the context of our work can also provide a sense of perspective, contributing to our ongoing professional and personal development. This will ensure that we are building the resilience needed to maintain the standards of our practice.



Spending time in the natural world - by water or within the trees - will bring us closer to the unity of living things. Engaging in seasonal changes may also support our inner growth and sense of wellness all year round.



When we are impacted by the trauma of others, it can feel isolating and overwhelming, so it is also important to foster and enjoy relationships with those we trust. Relationships can secure and stabilise us, and allow us to stay connected, so that we can make a lasting impact and restore the bonds which have been broken by adversity.

For more information visit www.kazzum.org

To view the full animation visit <https://vimeo.com/524268574>