



TRAUMA THE PROFESSIONAL IMPACT OF VICARIOUS TRAUMA

- JOB TASKS:** Decrease in quality and quantity, lower motivation, increased mistakes.
- MORALE:** Loss of interests, dissatisfaction with assignments, negative attitudes, apathy, detachment, decrease in confidence.
- INTERPERSONAL:** Withdrawal from colleagues, poor communication, staff conflicts, blaming, and impatience.
- BEHAVIORAL:** Absenteeism, irritability, overworking, irresponsibility, tardiness, poor judgment, frequent threats to resign or quit, changes in routine, absent mindedness, accident prone, self-destructive coping behaviors (food, money, gambling, shopping, drugs).
- PHYSICAL:** Loss of sleep, change in appetite, increase alcohol consumption, impaired immune system.
- EMOTIONAL:** Anxiety, guilt, irritability, anger, rage, depression, sadness. Loss of empathy, hopelessness, grief and emotional roller-coaster rides.
- COGNITIVE:** Lack of concentration, loss of focus, rigidity, self-doubt, perfectionism, difficulty making decisions.
- REALTIONAL
(INTERPERSONAL):** Mistrust, withdrawal, intolerance, confusion and impaired thinking.
- WORLD VIEW
(SPIRITUAL):** Work place frustration, sense of unfairness and lack of support, blaming and misplaced anger.