University of Central Florida

From the Selected Works of Lynell Hodge, EdD

2017

Workplace Trauma.pdf

Lynell Hodge, University of Central Florida

Available at: https://works.bepress.com/lynell-hodge/8/
UNDERSTANDING WORKPLACE TRAUMA

Lynell S. Hodge, Ed.D.

PHYSICAL VS. PSYCHOLOGICAL TRAUMA

Physical trauma: someone who has suffered an injury, the injury could be minor or severe.

Psychological trauma: damage or changes to the mind that occurs as a result of a severely distressing event triggered by an overwhelming levels of stress that exceeds one’s ability to cope, or integrate the emotions involved with that experience.

TYPES OF PSYCHOLOGICAL TRAUMA

Secondary Traumatic Stress: is the direct result of continually hearing difficult or appalling information due to the desire to help people (Canfield, 2005; Figley 2002).

Vicarious Trauma: affective distress and shifts in cognitive schemas following secondary exposure to traumatic material (Aparicio, Michalopoulous, & Unick, 2013).

Burnout: physical, emotional, psychological and spiritual exhaustion resulting from chronic exposure to populations that are vulnerable or suffering psychological strain from work (Maslach & Florian, 1988).

Compassion Fatigue: referred to the risk a professional will take to assist a victim. CF can be understood as a continuum of responses beginning with compassion satisfaction to compassion stress which ultimately ends in compassion fatigue (Hopkins & Goss, 2013).

Post Traumatic Stress Disorder (PTSD): a person is exposed to one or more traumatic events, such as sexual assault, warfare, serious injury, or threats to imminent death (APA, 2013).

SYMPTOMS

- Physical, emotional or mental exhaustion
- Insomnia and headaches
- Reduced ability to feel sympathy, empathy, apathy
- Anger, irritability, or depression
- Difficulty with maintaining personal relationships, intimacy
- Resentment and/or cynicism
- Hypersensitivity to emotionally charged stimuli

RECOMMENDATIONS

- Debrief after traumatic content
- Ongoing training to provide resources to address traumatic content
- Self-care techniques to support positive coping strategies
- Create interventions to encourage compassion satisfaction
- Identify personal triggers

CONTACT INFORMATION:

lynell@ucf.edu