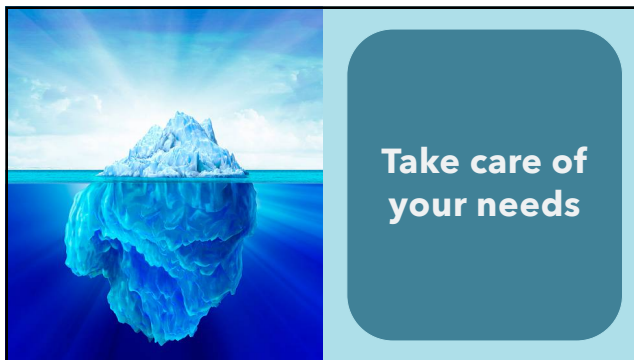
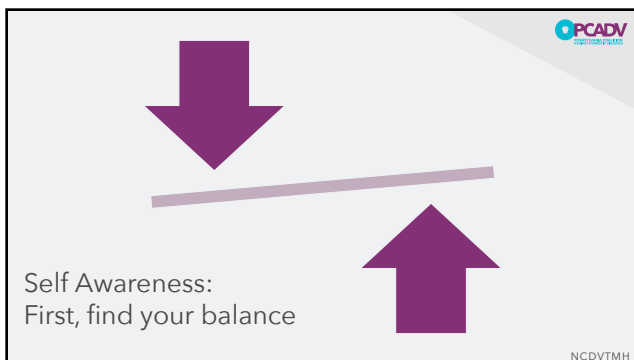


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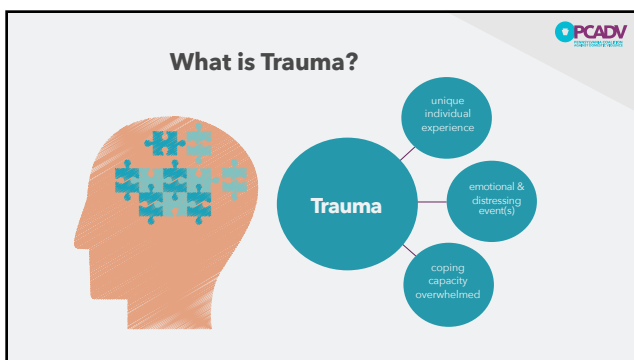
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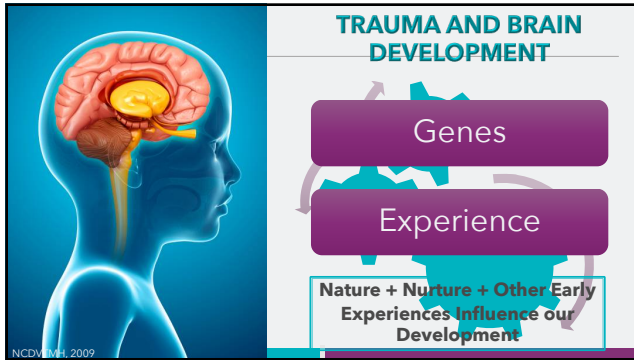
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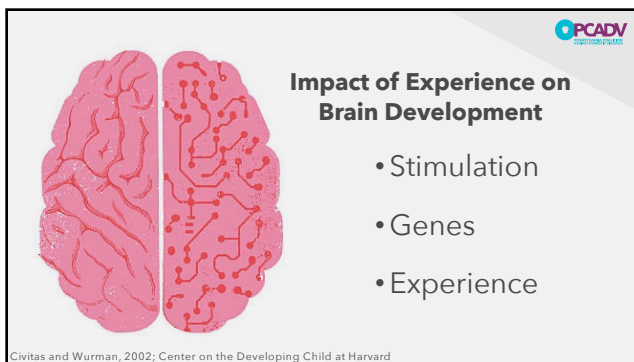
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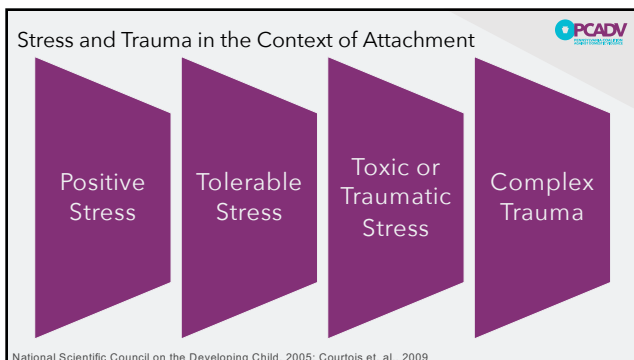
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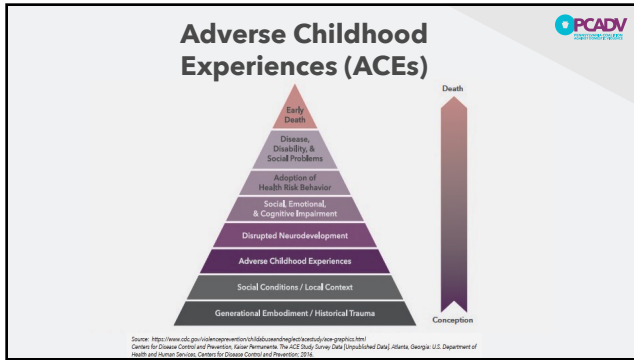
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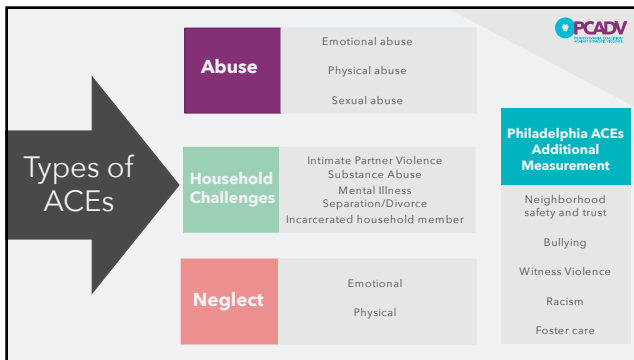
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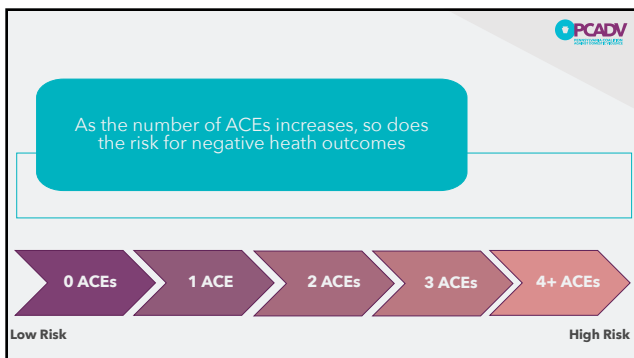
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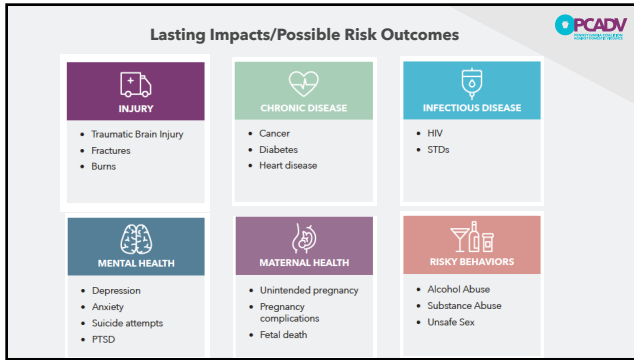
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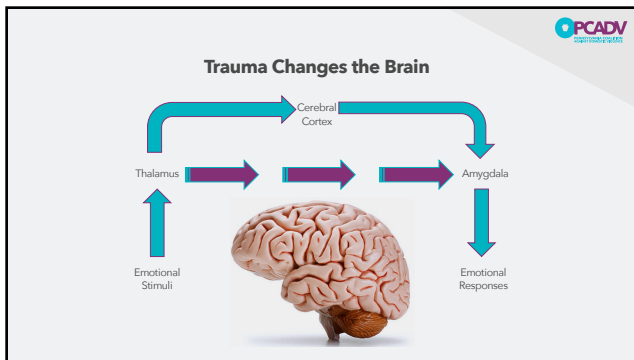
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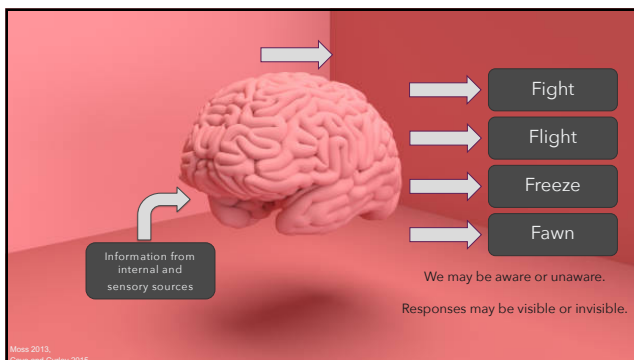
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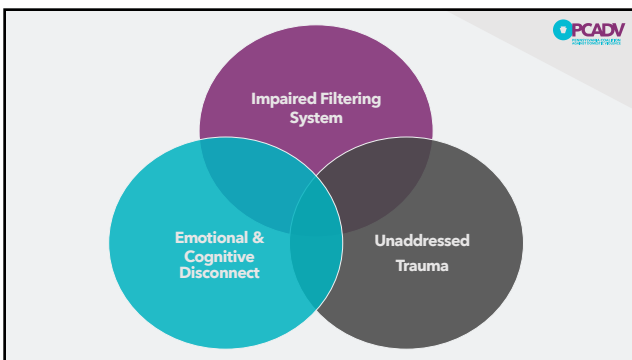
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Video

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Trauma Symptoms

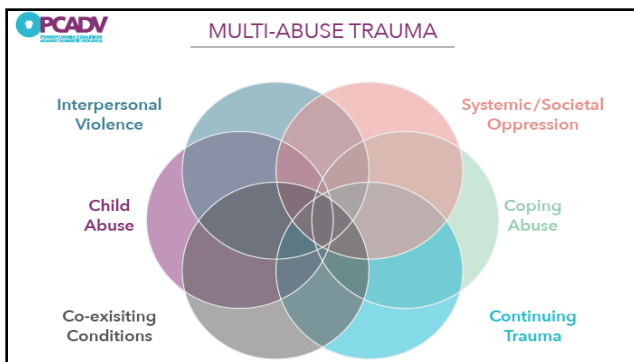
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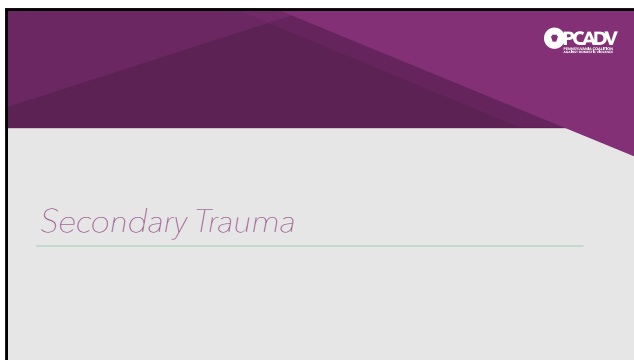
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Secondary Trauma

Occurs when the impact of other's life experiences with trauma also impacts our lives

Saakvitne et. al. 2000, NCDVTMH, 2013

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Secondary Trauma

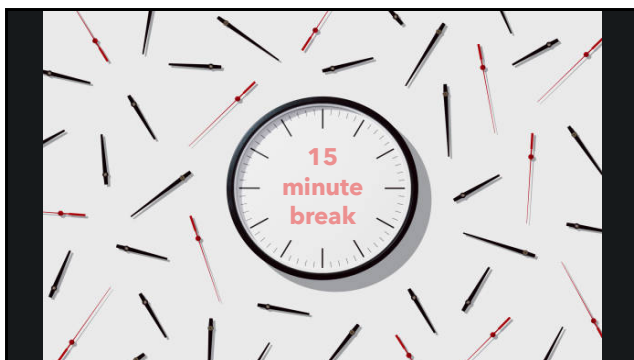
Impacts worldview

Diminishes hope and optimism

Needs recognition

Saakvitne et. al. 2000


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Stress and Burnout

Based in characteristics of the work experience, organizational culture, and the quality of supervision and management



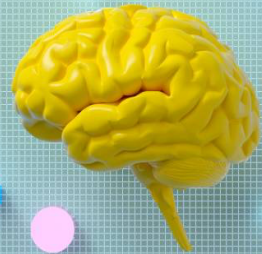
Results in feelings of exhaustion, cynicism, and ineffectiveness related to organizational stressors

PCADV
National Center for Domestic Violence Training and Technical Assistance

NCDVTM

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Signs & Symptoms



PCADV
National Center for Domestic Violence Training and Technical Assistance

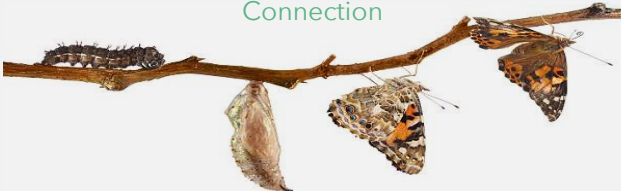
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Transforming Secondary Trauma

Awareness

Balance

Connection



PCADV
National Center for Domestic Violence Training and Technical Assistance

Saakvitne et al. 2000

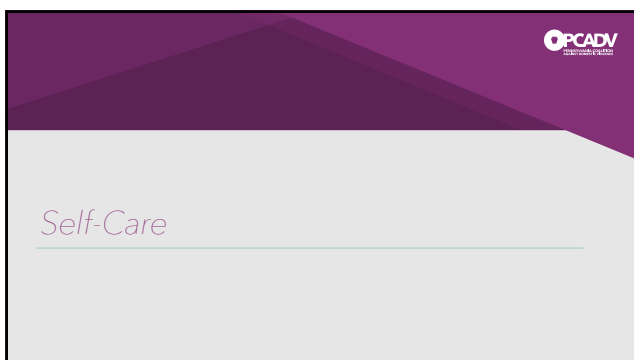
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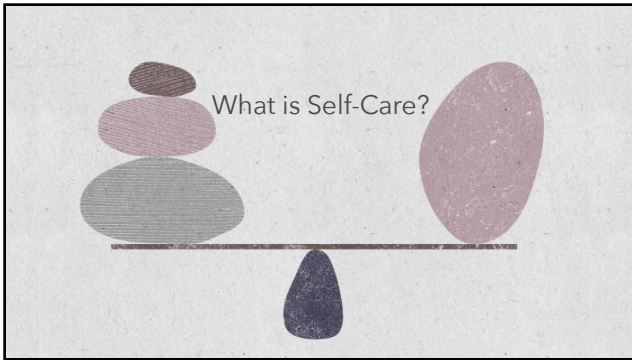
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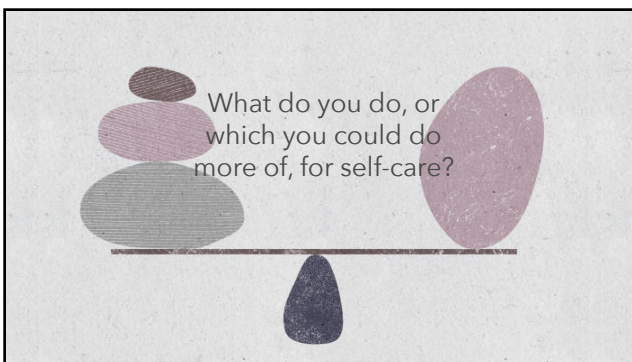
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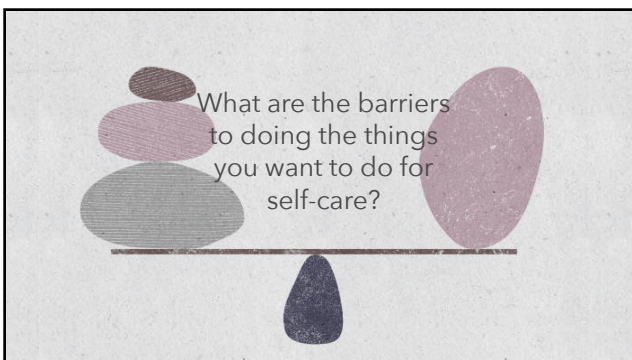
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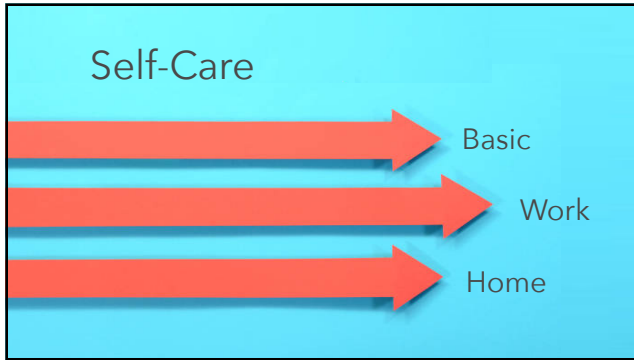
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COVID-19 Principles

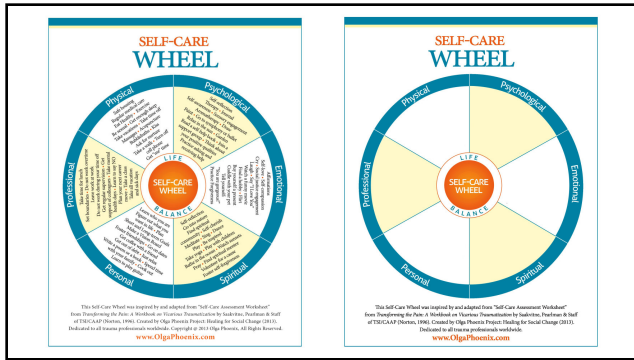
- You are not "working from home", you are "at your home, during a crisis, trying to work."
- Your personal physical, mental, and emotional health is far more important than anything else right now.
- You should not try to compensate for lost productivity by working longer hours.
- You will be kind to yourself and not judge how you are coping based on how you see others coping.
- You will be kind to others and not judge how they are coping based on how you are coping.
- Your team's success will not be judged the same way it was when things were normal.

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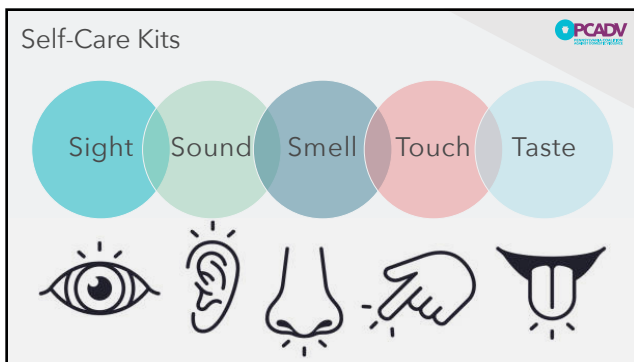
What's on your plate?

OPCADV

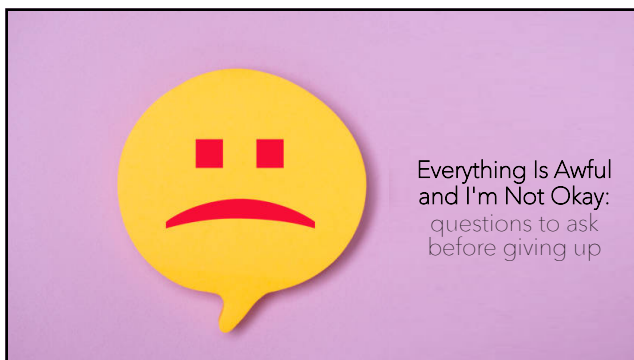
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Contact
Information

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 **PCADV**
Pennsylvania Council on Developmental Disabilities

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