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TRP NEWSLETTER: FALL EDITION

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Welcome to the Fall Edition!

As we are getting into the Fall, we typically see a rise in people seeking mental health services. September is suicide awareness month and the focus of this issue not just because the clientele TRP serves are at higher risk of suicide but because as mental health professionals we cannot forget about prioritizing our own mental wellness.

Clinical Spotlight: Trauma Therapy Treatment for Children and Adolescents

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Overview: TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. TF-CBT has proved successful with children and adolescents (ages 3 to 18) who have significant emotional problems (e.g., symptoms of posttraumatic stress disorder, fear, anxiety, or depression) related to traumatic life events. It can be used with children and adolescents who have experienced a single trauma or multiple traumas in their lives.

How it helps: TF-CBT supports individuals in learning how to cope with trauma, symptoms of trauma, and it often can help resolve trauma people have experienced by allowing them to process it in a safe environment. With children it can also help the caregivers to process and cope with the trauma that occurred.

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Burnout & Compassion Fatigue

As mental health professionals we spend a lot of our time taking care of others and not always enough time taking care of ourselves. When we do not take care of ourselves, we are at risk of burnout, compassion fatigue, and our own mental health struggles. Which can worsen over time and could put us at higher risk of suicide, especially among physicians and nurses. Putting ourselves first is not selfish; it actually allows us to show up better and more consistently for the people we serve. To help work on this we should be mindful of what burnout and compassion fatigue look like.

Common Themes Among Burnout and Compassion Fatigue:

- Negative Moods & Feelings Towards Work
- Mood Swings
- Emotional & Physical Exhaustion
- Sleep Issues
- Physical Health Issues
- Loss of interest in work

Burnout	Compassion Fatigue	Vicarious Traumatization
Signs: <ul style="list-style-type: none"> • Fatigue • Anger • Frustration • Negative reactions towards others • Cynicism • Negativity • Withdrawal 	Signs: <ul style="list-style-type: none"> • Sadness & Grief • Avoidance or dread of working with some patients • Reduced ability to feel empathy towards patients or families • Somatic complaints • Addiction • Nightmares • Frequent use of sick days • Increased psychological arousal • Changes in beliefs, expectations assumptions • Detachment • Decreased intimacy 	Signs: <ul style="list-style-type: none"> • Anxiety • Sadness • Confusion • Apathy • Intrusive imagery • Loss of control, trust & independence • Somatic complaints • Relational disturbances
Symptoms <ul style="list-style-type: none"> • Physical • Psychological • Cognitive • Relational Disturbances 	Symptoms (mirror PTSD) <ul style="list-style-type: none"> • Physical • Headaches • Digestive problems • Muscle tension • Fatigue • Psychological distress • Cognitive shifts • Relational Disturbances • Poor concentration, focus & judgement 	Symptoms (mirror PTSD) <ul style="list-style-type: none"> • Physical • Psychological distress • Cognitive shifts • Relational Disturbances
Triggers <ul style="list-style-type: none"> • Personal characteristics • Work-related attributes • Work organisational characteristics 	Triggers <ul style="list-style-type: none"> • Personal characteristics • Previous exposure to trauma • Empathy & emotional energy • Prolonged exposure to trauma material of clients • Response to stressor • Work environment • Work-related attitudes 	Triggers <ul style="list-style-type: none"> • Personal characteristics • Previous exposure to trauma • Type of therapy • Organisational context • Resources • Re-enactment



<https://transitionalsupport.com.au/transitional-phase/compassion-fatigue-trauma/>

Recommended Content

READING OPTIONS

- [Burnout by Emily Nagoski and Amelia Nagoski](#)
- [How Authenticity and Self-Disclosure Fit into Psychiatric Care](#)
- [The Ethical Imperative of Self-Care for Mental Health Professionals, It's not a Luxury](#)
- [Guarding the Gatekeepers: Suicides among Mental Health Professionals and Scope of Prevention, A review](#)
- [Dear Mental Health Professionals, Take Care of Yourselves: A Literature Review on Self-Care](#)
- [Mental Illness and Suicide among Physicians](#)

WATCHING & LISTENING OPTIONS

- [Emily and Amelia Nagoski, Burnout XOXO Festival](#)
- Racquel Armstrong- [Using 5 Minutes of Self-Care to Survive Burnout](#)
- [Self-Care Planning Towards Well-Being](#)

SUPPLEMENTAL RESOURCES

- [Wellness Action Plan](#)
- [Burnout Assessment](#)
- [Self-Care Assessment](#)
- [Professional Quality of Life Self Assessment](#)

