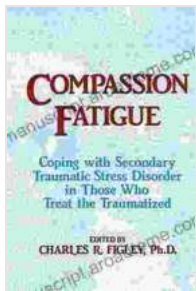


# Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized

Secondary Traumatic Stress Disorder (STSD) is a serious mental health condition that can develop in people who are exposed to the traumatic experiences of others. It is a type of Post-Traumatic Stress Disorder (PTSD) that can occur in individuals who have not personally experienced a trauma themselves but have been exposed to it through their work or personal relationships.



## Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series Book 23)

by Charles R. Figley

★★★★☆ 4.7 out of 5

Language : English  
File size : 4456 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 294 pages



First responders, law enforcement, healthcare professionals, therapists, counselors, and social workers are among the many professionals who are at risk for developing STSD due to their exposure to trauma on a regular basis. These individuals often witness the aftermath of horrific events and hear firsthand accounts of traumatic experiences, which can take a toll on their own mental health.

## **Symptoms of STSD**

Symptoms of STSD are similar to those of PTSD and can include:

- Intrusive memories or flashbacks
- Avoidance of reminders of the trauma
- Negative changes in mood or thinking
- Increased arousal or hypervigilance
- Difficulty sleeping
- Irritability or anger
- Difficulty concentrating
- Loss of interest in activities

In addition to these core symptoms, people with STSD may also experience:

- Feelings of detachment or estrangement
- Difficulty connecting with others
- Compassion fatigue
- Burnout

## **Coping Strategies**

Coping with STSD can be challenging, but there are a number of strategies that can help. These include:

- Seeking professional help: Therapy can be an effective way to treat STSD. A therapist can help you to process your experiences, develop coping mechanisms, and manage your symptoms.
- Practicing self-care: Taking care of your physical and mental health is essential for coping with STSD. This includes eating a healthy diet, getting enough sleep, and exercising regularly.
- Connecting with others: Talking to supportive friends, family members, or colleagues can help you to feel less isolated and alone.
- Setting boundaries: It is important to set boundaries with yourself and others to protect your mental health. This means limiting your exposure to traumatic material and taking breaks when needed.
- Engaging in activities that bring you joy: Make time for activities that you enjoy and that make you feel good.

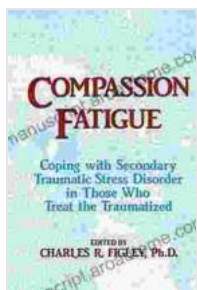
## **Resources**

There are a number of resources available to help people who are struggling with STSD, including:

- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The American Psychological Association: <https://www.apa.org/>
- The International Association of Trauma Professionals: <https://www.iatrauma.org/>
- The National Alliance on Mental Illness: <https://www.nami.org/>

Coping with STSD can be challenging, but it is possible. By seeking professional help, practicing self-care, connecting with others, setting

boundaries, and engaging in activities that bring you joy, you can manage your symptoms and regain your well-being.

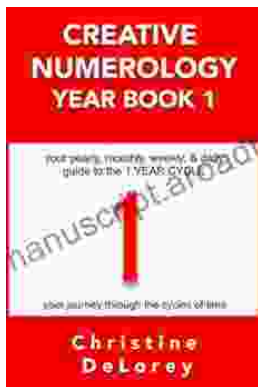


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