

Next Steps in Responding to Secondary Trauma

Being aware of what you need in order to take care of yourself in this work is an important step in responding to secondary trauma. Take a moment to reflect on your specific needs and complete the handout below.

1. Write down three things you could do to address secondary trauma for each of the following areas of your life and work: *personal*, *professional*, and *agency*.

Personal:

Professional:

Agency:

2. Place an asterisk (*) beside every strategy you could implement during the next month.
3. Circle one in each category that you will try to do during the next week.
4. Identify three personal satisfactions you derive from doing this work.
