



# Burnout and Secondary Trauma



Presented by:

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Licensed Professional Counselor  
National Certified Counselor  
Certified Clinical Trauma Professional  
Master Addiction Counselor




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## ABOUT SHEVANDER

- ✦ Shevander Dykes is the Founder and Director of Surviving Transitions, LLC. She is a Licensed Professional Counselor (LPC) in the state of Georgia and a National Certified Counselor (NCC) through the National Board of Certified Counselors (NBCC).
- ✦ Additionally, Shevander is a Certified Clinical Trauma Professional (CCTP), Master Addiction Counselor (MAC) and Certified Anger Management Specialist (CAMS).
- ✦ She earned an undergraduate degree in Management from National-Louis University, and graduate degree in Community Counseling from Argosy University (formerly known as Georgia Professional School of Psychology).
- ✦ Shevander previously served as a Clinical Director for CORE agencies, lead therapist, case manager, and community support staff before opening a private practice and working collaboratively with Ms. Heather Conyers of Healing Hearts Counseling Center in Douglasville. Also, she has worked in both outpatient and inpatient settings.




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## TODAY'S OBJECTIVES

- ✦ Recognize the importance of self-care.
- ✦ Identify burnout and secondary and vicarious trauma.
- ✦ Explore the differences between burnout and secondary and vicarious trauma.
- ✦ Discuss ways to effectively identify signs and symptoms of both burnout, and secondary and vicarious trauma as well as available resources for professionals.
- ✦ Review Maslow's Hierarchy of Needs.
- ✦ Review and complete the Burnout Inventory with each participant to increase awareness and develop a realistic Wellness Plan.
- ✦ Review Maslach Burnout Inventory and Beck's Depression Inventory.
- ✦ Define compassion fatigue and determine if it is linked to burnout and secondary and vicarious trauma. What are the odds?
- ✦ Teach participants three key strategies to increase self-care among helping professionals to reduce or eliminate burn out.
- ✦ The art of mindfulness.
- ✦ Brief overview.




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### THE IMPORTANCE OF SELF-CARE

**SICK**

**ANXIETY**

**TIME MGMT**

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### GOT WORK OVERLOAD?

**COUNSELING HELP**

**THE COUNSELOR IS IN**

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### SYMPTOMS OF BURNOUT

**MISSING: MOTIVATION**  
REWARD IF FOUND

**FRUSTRATION AHEAD**

**ANGER**

**WARNING: BURNOUT AHEAD**  
Proceed With Caution

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**ACTIVITY/EXERCISE**



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**BURNOUT**



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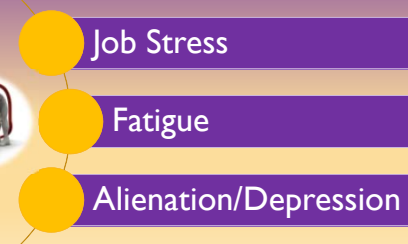
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**BURNOUT IS NOT SYNONYMOUS WITH:**



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## TIP TO HELP REDUCE BURNOUT PREVENTION



Check out this video!



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## SYMPTOMS OF SECONDARY TRAUMA



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## SYMPTOMS OF VICARIOUS TRAUMA



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## SELF-CARE RULES!

Say NO to Burnout!

  
**KEEP  
CALM  
AND  
PRACTICE  
SELF-CARE**

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## HOW DO YOU MANAGE NEGATIVE THOUGHTS?



Image courtesy of Kathy Osborn  
Adapted from Lesley Alderman, The Year of Conquering Negative Thinking

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## ACTIVITY/EXERCISE



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## MASLOW'S HIERARCHY OF NEEDS




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## Burnout? Take a Burnout Self Test to Find Out

Consider taking an online burnout test or quiz to determine if you are experiencing burnout. Here are a few test options.

- [Mind Tools Burnout Self-Test](#)
- [The Fried Quiz](#)
- [Psychology Today Burnout Test](#)
- [Job Burnout Quiz](#)
- [Overcoming Job Burnout Quiz](#)
- [Maslach Burnout Inventory \(MBI\)](#)

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## ABBREVIATED MASLACH BURNOUT INVENTORY

Please Print and Be Ready: The 10 and Revised 10-Item MBI

**Abbreviated Maslach Burnout Inventory**

MBI is a copyright of the Abbreviated Maslach Burnout Inventory

For each statement, mark the box that most accurately reflects your response:

	Never	Rarely	Sometimes	Frequently	Always
1. I feel emotionally exhausted					
2. I feel physically exhausted					
3. I feel mentally exhausted					
4. I feel I have lost my sense of accomplishment					
5. I feel I have lost my sense of purpose					
6. I feel I have lost my sense of meaning					
7. I feel I have lost my sense of efficacy					
8. I feel I have lost my sense of control					
9. I feel I have lost my sense of autonomy					
10. I feel I have lost my sense of freedom					

There are several other versions of the MBI, including the full MBI and the MBI-GS. For more information, please visit the Maslach Burnout Inventory website at <http://www.maslach.com>.

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## ABBREVIATED MASLACH BURNOUT INVENTORY

Please Mark and Mark the 10 and 100 items in the table below.

**STEP 2: Determine your score for the Abbreviated Maslach Burnout Inventory**  
 Mark the chart to determine your score for the inventory. Circle an on the previous page. Then, add the four scores to obtain your total score for the Abbreviated Maslach Burnout Inventory.

	Very Low	Low	High	Very High
1. Feel emotionally drained from work				
2. Feel physically exhausted from work				
3. Feel that your work is meaningless and that you just go through the motions				
4. Feel that your work is a burden				
5. Feel that your work is a waste of time				
6. Feel that your work is a waste of energy				
7. Feel that your work is a waste of talent				
8. Feel that your work is a waste of ability				
9. Feel that your work is a waste of intelligence				
10. Feel that your work is a waste of creativity				
11. Feel that your work is a waste of imagination				
12. Feel that your work is a waste of inspiration				
13. Feel that your work is a waste of motivation				
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97. Feel that your work is a waste of intelligence				
98. Feel that your work is a waste of creativity				
99. Feel that your work is a waste of imagination				
100. Feel that your work is a waste of inspiration				

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## ACTIVITY/EXERCISE

### CASE STUDY

Jessie is a new social worker and recently accepted a position with Cobb County Department of Family and Children Services (DFACS).

**Jessie's Initial Job Requirements:** 70-90 clients per month, be accessible twenty-four hours, seven days a week.

**Jessie's Current Job Requirements after 4 Months:** 106 clients per month, 50% travel, longer work hours.

**Jessie's Health Update:** anxious and depressed, high blood pressure and high cholesterol, she gets sick when thinking about the pressures of the job.




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## HOW DO YOU FEEL TODAY?

How do you feel today?




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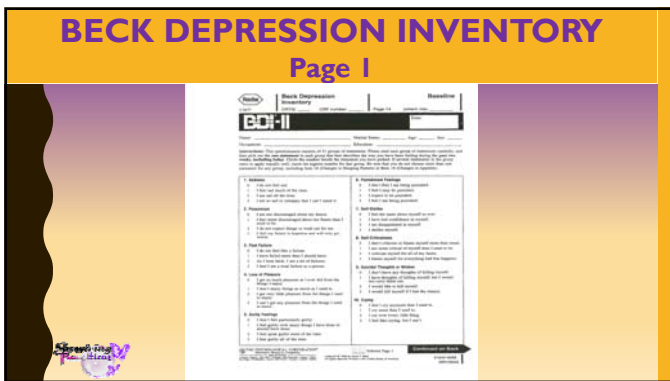
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## BECK DEPRESSION INVENTORY

### Page 1



The screenshot shows the first page of the Beck Depression Inventory (BDI-II). It includes a header with the title and page number, a patient information section with fields for Name, Date, and Bedside, and a large list of 21 numbered items. Each item is followed by a vertical scale from 0 to 4, representing the severity of the symptom. The items cover various aspects of mood, cognition, and physical symptoms.

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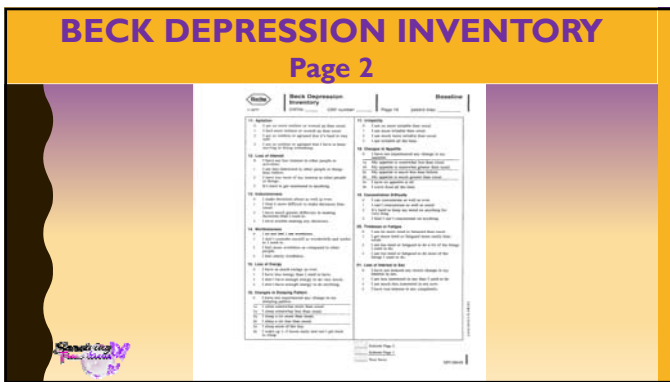
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## BECK DEPRESSION INVENTORY

### Page 2



The screenshot shows the second page of the Beck Depression Inventory (BDI-II). It continues the list of 21 numbered items from the previous page, each with a vertical scale from 0 to 4. The items include statements about self-worth, hope, and physical health. The page also includes a small table for recording scores for each item.

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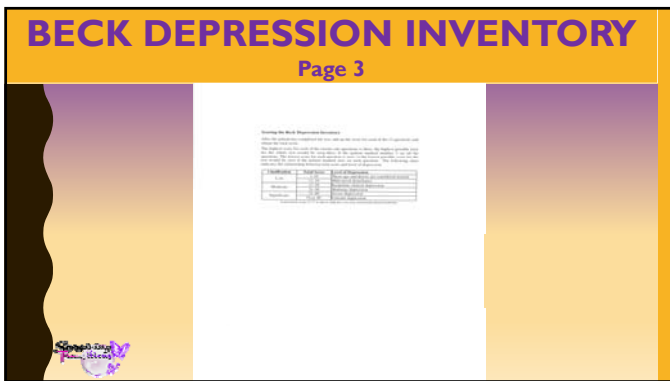
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## BECK DEPRESSION INVENTORY

### Page 3



The screenshot shows the third page of the Beck Depression Inventory (BDI-II). It contains the final part of the 21-item list, including items related to suicidal thoughts and overall well-being. The page concludes with a table for calculating the total score and a section for clinical interpretation.

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**ACTIVITY/EXERCISE**

**Mindfulness Bell Activity**

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**WRAP-UP**

- Symptoms of burnout
- Symptoms of trauma
- Strategies to reduce stress & burnout
- Strategies to reduce trauma
- Recognizing your needs
- Understanding self-care

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**THANK YOU FOR BEING A CAPTIVE OF STRESS**

**KEEP CALM AND STRESS LESS**

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