Australian Childhood Foundation

Resource

Possible indicators of vicarious trauma

	Personally	Professionally	Organisationally
Physically	Fatigued Hypervigilance Impaired immune system Rapid heartbeat Changes in breathing Sleep & appetite disturbances	Lack of concentration Use of negative coping mechanisms Difficulty in "switching off"	Increased absenteeism & sick leave Being late
Sensorily	Flashbacks Sensory overload	Dissociation	Negative sense of workplace
Emotionally	Powerlessness Anxiety Guilt Fear Sadness Shut down Hopelessness Mistrust	Lack of satisfaction with work Diminished empathy	Apathy Detachment or over attachment to organisation
Cognitively	Self-doubt Isolation from friends and family Loss of interest in a range of tasks, hobbies & life	Projection Counter transference Increased mistakes Withdrawal from colleagues	Low morale Staff conflict Irresponsible practice Negative attitude Constant questioning of work
Reflectively	Decreased self esteem Questioning core beliefs and meaning of life	Reduced reflective capacity Poor communication Decreased confidence Setting perfectionist standards	Faulty judgements Avoidance of organizational tasks