

Possible impacts of vicarious trauma

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