




Recognizing & Protecting Yourself From Second Hand Trauma

23rd Annual AB 1058 Child Support Training Conference
August 29, 2019

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Pre-Quiz



- ✓ What are the distresses or traumas that AB 1058 litigants might bring with them into the courtroom?
- ✓ How does the Title IV-D program, as a whole, contribute to these distresses or traumas?

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Presentation Objectives

A	B	C	Of	Self-Care
Awareness	Boundaries & Balance	Conversation & Connection	Activities	Sharing

SUCCESS



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What is Second Hand Trauma?

Individual is exposed to:

- people who have been traumatized themselves,
- disturbing descriptions of traumatic events by a survivor,
- or others inflicting cruelty on one another.

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"The Cost of Doing Business for Helping Professionals"



- ✓ Impact Factors
- ✓ Reaching Limitations
- ✓ Mirror Neurons

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The ABCs of Self Care

- ✓ A stands for Awareness
- ✓ B stands for Boundaries & Balance
- ✓ C stands for Conversation & Connection



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A stands for Awareness


- ✓ Recognize this trauma is real
- ✓ Pay attention to how you are feeling and reacting
- ✓ Recognize your limits and your vulnerabilities

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Learning Activity One

Reflecting on the Negative Effects of Secondhand Trauma

- ✓ How can secondhand trauma affect the AB 1058 clerk and/or court staff?
- ✓ What are some signs that you might see if someone in your workplace may be experiencing secondhand trauma?



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Self Awareness

- ✓ Taking Yourself off Auto-Pilot
- ✓ Body Language
- ✓ Personal Responses



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**B stands for
Boundaries & Balance**

- ✓ Create a positive boundary between work and home
- ✓ Create a protective boundary for your own feelings and experiences and other people's
- ✓ Create a clear boundary at the end of a difficult case or encounter

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**Avoiding
Burnout**



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**Recharging
Yourself**


Self Care Practices
Promoting good mental and emotional health
Helping support others



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Learning Activity Two

Exploring Your Life Outside of Work



Two Hours Free,
I would...

If I had a day off,
I would...


The last time I had off,
I ended up doing...

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Empathy

Sympathy

- ✓ Empathy – Internalizing some of pain and distress of another; feeling for another person
- ✓ Sympathy – Respecting the distress of another, & wishing to help, w/o feeling the actual distress



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Learning Activity Three

Creating An End to A Difficult Case

What are:

- the actions you typically take to put an end to a difficult case,
- the physical gestures,
- the space you give yourself to process your feelings and thoughts?

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C stands for Conversation and Connection

- ✓ Create positive connection among co-workers
- ✓ Talk w/ co-workers, w/o violating confidentiality
- ✓ Talk w/ your supervisor, manager or HR

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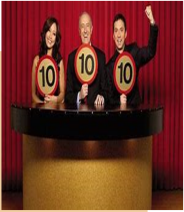
Please Remember....

You don't do this job **ALONE!**



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The Court...



- ✓ Values the work you do!
- ✓ Recognizes the need for training on these specific challenges to Court Staff!
- ✓ Continues to support you as we all strive for "Access to Justice"!

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One last thought...


No problem can be solved from the same consciousness that created it.. Albert Einstein



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THANK YOU!

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<http://www2.courtinfo.ca.gov/cjcr/3118.htm>



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