

Secondary Traumatization: The Caretaker's Trauma

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BASIC PHYSIOLOGY

- Stress (Selye) = Diverse stimuli seem to result in similar changes.
- General Adaptation = Physiological changes in response to stressors.
- Stressors = A variety of events that induce stress.
- Sympathetic Nervous System (Walter Cannon)
- Traumatic Stress = Activates Fight - Flight Response

Trauma and the Individual

- Trauma Affects:**
- A) Memory**
 - B) The Stress Response**
 - C) Emotional Reactions**
 - D) Future Response to Stress**
 - E) Modifies Human Behavior**
 - F) Impact on Society**

EARLY SIGNS OF STRESS

(two weeks and longer)

- More reactive than before
- Feeling worn down
- Irritability
- Sleep difficulties
- Depression + Anxiety
- Anhedonia
- Ruminative thinking, Obsessions, Cravings

LONG-TERM CONSEQUENCES

- Cumulative effect of stress and traumatic stress = irreversible neuroendocrine changes:
 - different brain structures
 - levels of Cortisol

Primary Traumatization : Psychopathology After Trauma

- Traumatic Depression = Major Depression and variants (atypical, bipolar, comorbid)
- Traumatic Anxiety Disorders: Panic disorder, phobias, GAD
- +/- ETOH Abuse
- PTSD

Secondary Traumatization

- The acquisition of trauma-related symptoms or mindset, from the exposure to trauma-related suffering (PTSD) of others or to an indirect exposure to the trauma itself.
- Types: -Compassion Fatigue (burn-out)
-Vicarious Traumatization
-Intergenerational Transmission of Trauma (ITT)

For additional information regarding
this subject, please contact Dr. Novac
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