

Definitions Related to Work-Related Trauma Exposure

Burn Out*	Characterized by emotional exhaustion, depersonalization, and a reduced feeling of personal accomplishment; result of general occupational stress.
Compassion Fatigue	The profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career as helpers. It is the gradual erosion of all things that keep us connected to others in our caregiver role; our empathy, our hope, and of course our compassion – not only for others but also for ourselves. <i>Mathieu, F. (2012). The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization. Routledge.</i>
Compassion Satisfaction*	Positive feelings derived from competent performance as a trauma professional. Characterized by positive relationships with colleagues, and the conviction that one's work makes a meaningful contribution to clients and society.
Critical Incident	Any event that has a stressful impact sufficient enough to overwhelm the usually effective coping skills of an individual. These events are usually abrupt, powerful events that fall outside the range of ordinary human experiences. http://www.officer.com/article/10249385/critical-incident-stress
Emotional Labor	Enhancing, faking or suppressing emotions to modify the emotional expression. <i>Grandey, A. A. (2000). Emotional regulation in the workplace: A new way to conceptualize emotional labor. Journal of occupational health psychology, 5(1), 95.</i>
Moral Distress	Occurs when one knows the right thing to do, but institutional constraints make it nearly impossible to pursue the right course of action. <i>Jameton, (1984).</i>
Secondary Traumatic Stress*	The presence of PTSD symptoms caused by at least one indirect exposure to traumatic material.
Vicarious Trauma*	Refers to changes in the inner experience of the therapist resulting from empathic engagement with a traumatized client. It is a theoretical term that focuses less on trauma symptoms and more on the covert cognitive changes that occur following cumulative exposure to another person's traumatic material. The primary symptoms are disturbances in the professional's cognitive frame of reference in the areas of trust, safety, control, esteem, and intimacy.

*National Child Traumatic Stress Network, Secondary Traumatic Stress Committee. (2011). *Secondary Traumatic Stress: A fact sheet for child-serving professionals*. Los Angeles, CA, and Durham, NC: National Center for Child Traumatic Stress.