

	!		!	
Countertransference	!		!	
Intrusive thoughts related to traumatic exposure	!	!		
Avoidance of thoughts related to traumatic exposure	!	!		
Hyperarousal due to traumatic exposure	!	!		
Distressing emotions - fear, anxiety, depression	!	!		!
Alterations in worldview, beliefs, and schema	!			
Occurs from empathic engagement with one client or trauma story		!		
Occurs as an accumulation of empathic engagement	!		!	
Occurs as an accumulation of all types of pressure in work environment				!

Given the complex needs and demanding conditions of working with people who have experienced trauma and adversity, professionals often experience persistent, cumulative stress. If left unrecognized and unmanaged, practitioners are at increased risk for acquiring indirect traumatic stress symptoms such as severe exhaustion, isolation, reduced capacity to connect with others, increased sensitivity to sensory input, and negative transformations in worldview. It is important for