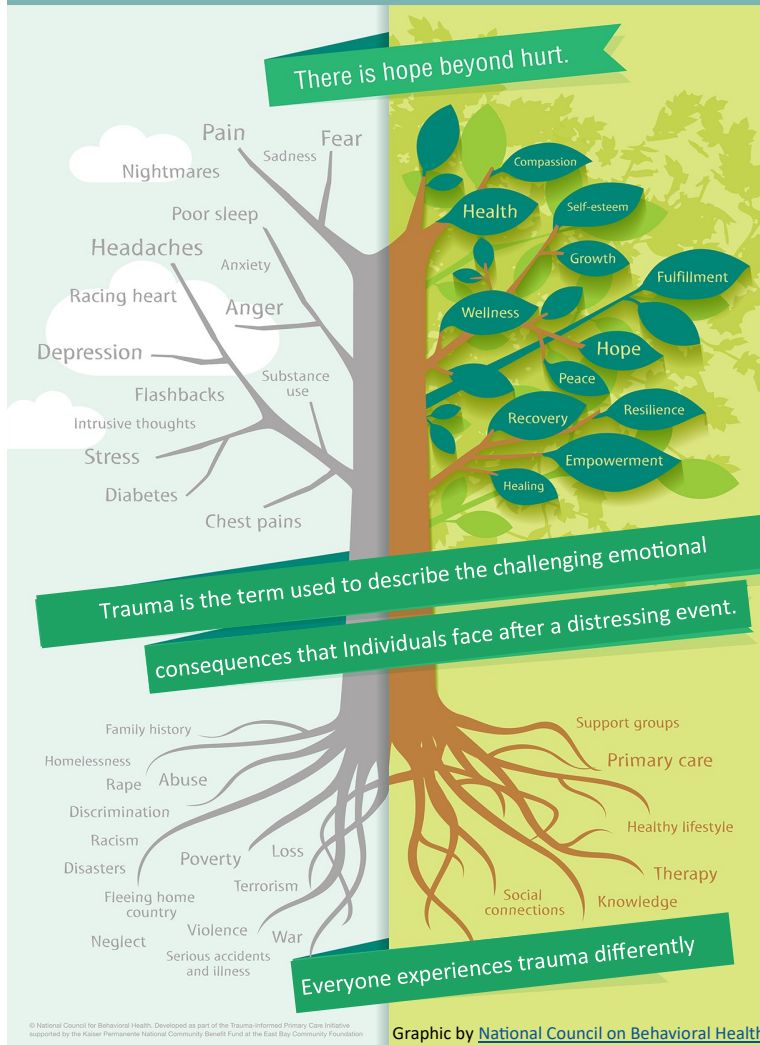


OCYF TRAUMA TEAM NEWSLETTER

JUNE 2022

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Experiencing positive transformation after trauma is known as post-traumatic growth. People who experience it may develop a new appreciation of life, newfound personal strength, see an improvement in their relationships, see new possibilities in life and undergo spiritual changes. Why do some people experience such profound positive changes after enduring something terrible and others don't? The guest for this episode is Richard Tedeschi, PhD, who developed the academic theory of post-traumatic growth with Lawrence Calhoun, PhD. Tedeschi is the distinguished chair at the Boulder Crest Institute for Posttraumatic Growth, a nonprofit organization focused on military members, veterans and their families.

Transformation After Trauma with Richard Tedeschi, PhD

Speaking of PSYCHOLOGY

Transformation After Trauma

Watch on YouTube ARD TEDESCHI, PhD

AUDIO ONLY

This Month's Self-care Challenge:

- Try an **artistic outlet** this month
- Suggestions could be:
 - ◊ Paint class/activity
 - ◊ Musical class/activity
 - ◊ Dance class/activity
 - ◊ Writing a short story or start journaling

Supports for child abuse professionals

Of the few existing studies related to compassion fatigue in the CAC setting, organizational support appears to be an important factor in mitigating the effects of burnout. Perron and Hiltz (2006) studied factors associated with burnout and secondary trauma among 66 forensic interviewers from CACs across the United States using the Oldenburg Burnout Inventory and Secondary Traumatic Stress Scale. Results of this study demonstrated that a low perception of organizational support and length of employment were associated with significantly higher burnout. Similarly, Bonach and Heckert (2012) evaluated the effects of secondary traumatic stress on a non-randomized sample of 256 forensic interviewers using the Secondary Traumatic Stress Scale and found that the degree of job support that interviewers received both inside and outside of their agencies had a significant relationship to the amount of STS that they experienced. Other factors relating to work-related stress include:

- unsatisfactory supervision
- holding dual roles within the organization
- lack of education regarding self-care

Research is available regarding the impacts of burnout specific to child welfare workers. A meta-analysis of turnover intention among child welfare workers found that stress-related predictors and other factors related to burnout had a medium to high influence on turnover intention (Kim & Kao, 2014). Turnover intention was defined as either the intention to leave or the intention to remain employed. Interestingly, this meta-analysis demonstrated that caseload was not a significant predictor of turnover; rather, experiencing conflict at work and ambiguity around their roles at work were more predictive of turnover. Similar to other studies, this study highlights: the importance of organizational support and suggests that creating a better work environment by implementing health and wellness programs and allowing child welfare workers more inclusion in the decision making process, employers can help mitigate turnover intention (Kim & Kao, 2014).

[Child Abuse & Neglect](#)

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