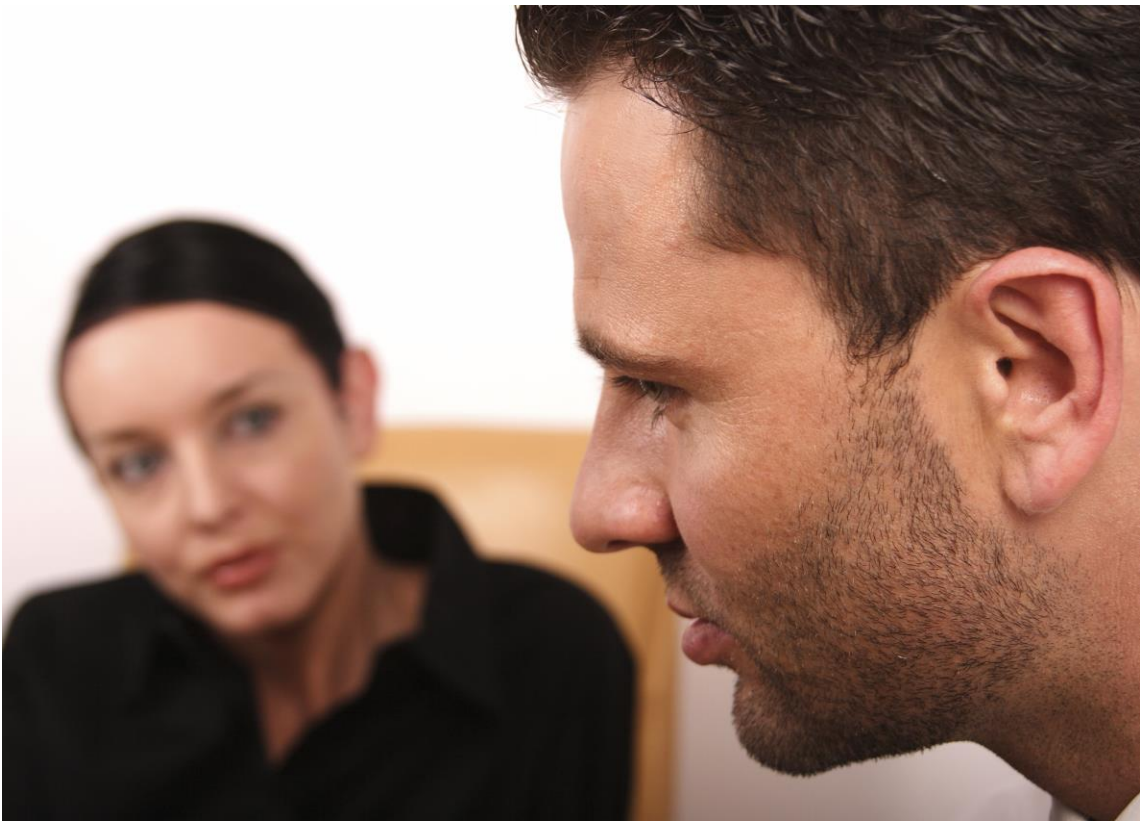


Vicarious trauma with sexual health professionals

Silva Neves

Drip Drip



- ▶ Trauma is very common
- ▶ Trauma is contagious
- ▶ It may be undetected: it is the Drip Drip effect.



The impact: less energy = less empathy
for your loved ones



The impact:
Feeling the
world is a bad/
lonely place



Feeling
depressed,
burnt out



Don't underestimate the stories you hear!



The 4 pillars of health

- ▶ Physical health
- ▶ Mental health
- ▶ Sexual health
- ▶ Spiritual health



The 3 pillars of self-care

- ▶ Water
- ▶ Nature
- ▶ Exercise

The best anti-
vicarious
trauma:
CONNECTION



CONNECTION

- ▶ Peer Supervision
- ▶ Professional and Clinical Supervision
- ▶ Friends
- ▶ Family
- ▶ Community
- ▶ Pets
- ▶ Hobbies
- ▶ Laughing
- ▶ The 3 pillars of Self-care





Breathing

- ▶ 'Straw' breathing
- ▶ 'Ha' breathing
- ▶ 'Lion' breathing



Affirmation & gratitude



Connection

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