

Risking Connection® New Employee Orientation

PARTICIPANT PACKET 2024 Revision



Risking Connection®
.....



TRAUMATIC STRESS
INSTITUTE

Staff of the Traumatic Stress Institute
of Klingberg Family Centers

www.traumaticstressinstitute.org

© Klingberg Comprehensive Family Services, Inc.



Signs and Symptoms of Vicarious Traumatization: Worksheet 5.1

SELF – AWARENESS WORKSHEET

Do you experience any of the following as a result of work? Check those that apply. Put a double check next to those items that feel constant.

- ☐ Emotional numbing, feel “shut down”
- ☐ Social withdrawal
- ☐ Work-related nightmares
- ☐ Work-related intrusive thoughts
- ☐ Feelings of despair and hopelessness
- ☐ Loss of sense of spirituality
- ☐ More negative view of the world
- ☐ Reduced sense of respect for your clients
- ☐ Loss of enjoyment of sexual activity
- ☐ Feel that you can’t discuss work with family or friends
- ☐ Find that you talk about work all the time (can’t escape)
- ☐ Sense of disconnection from your loved ones
- ☐ Increased sense of danger (reduced sense of safety)
- ☐ Increased fear for safety of children or loved ones
- ☐ Sense of cynicism or pessimism
- ☐ Increased illness or fatigue, aches and pains
- ☐ Increased absenteeism, “sick days”
- ☐ Greater problems with boundaries, limit-setting (either at work or at home)
- ☐ Ethical violations
- ☐ Difficulty making decisions or making poor decisions
- ☐ Reduced productivity
- ☐ Reduced motivation for your work
- ☐ Loss of sense of control over your work and your life
- ☐ Lowered self-esteem, sense of competence in your work
- ☐ Difficulty trusting others
- ☐ Lessened interest in spending time alone
- ☐ Less time spent reflecting on your own experiences
- ☐ Other:



Assessment of Self-Care: Worksheet 5.4, Adapted

TREATER SELF-AWARENESS WORKSHEET

Name _____

Date _____

How frequently do you do the following?

0

1

2

3

Never

Rarely

Sometimes

Often

Physical Self Care

- ☐ Eat regularly without skipping meals
- ☐ Eat healthily
- ☐ Exercise
- ☐ Get regular medical care when needed
- ☐ Take time off when you're sick
- ☐ Take time to be sexual – with yourself, with a partner
- ☐ Get enough sleep
- ☐ Take vacations

Psychological Self-Care

- ☐ Take time away from technology
- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Do something where you are not an expert and not in charge
- ☐ Decrease stress in your life
- ☐ Notice your inner experience – thoughts, feelings, beliefs
- ☐ Say no to extra responsibilities sometimes

Emotional Self-Care

- ☐ Spend time with people you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Give yourself affirmations, praise yourself
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in social action, letters, donations, protests.
- ☐ Spend time with healthy children

Spiritual Self Care

- ☐ Make time for reflection
- ☐ Spend time in nature
- ☐ Find a spiritual connection or community
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Meditate
- ☐ Pray
- ☐ Sing
- ☐ Have experiences of awe
- ☐ Listen to music
- ☐ Contribute to causes you believe in
- ☐ Be mindful of what you are grateful for
- ☐ Read or listen to things inspirational

Work-Place or Professional Self-Care

- ☐ Take time to eat lunch
- ☐ Take time to chat with co-workers
- ☐ Identify projects that are exciting and rewarding
- ☐ Set limits with clients and colleagues
- ☐ Arrange your work space so it is comfortable and comforting
- ☐ Get regular supervision or consultation
- ☐ Have a peer support group
- ☐ Balance your caseload so that no one day is "too much"
- ☐ Strive for balance between work and play





NEO QR Codes

Supplemental Resources for the Curious

Slide 2



Origins of Risking Connection

Video. Heartfelt message from Dr. Kay Saakvitne, co-creator/lead author of the Risking Connection curriculum, about its beginnings.

URL: <https://vimeo.com/899828690?share=copy>

Slide 12

What is Psychological Trauma?

Website. Dr. Gabor Maté, whose most recent book, *The Myth of Normal*, is displayed on the slide.

URL: <https://drgabormate.com/>



Slide 13



Levels of Trauma Experience

PDF publication. Image adapted from page 3 of SAMHSA's *Practical Guide for Implementing a Trauma-Informed Approach*, 2023.

URL: <https://store.samhsa.gov/sites/default/files/pep23-06-05-005.pdf>

Slide 14

Racial Trauma

Website/Book. *Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing* by Dr. Joy Angela DeGruy. Understanding the lingering psychological and social impact of enslavement in the U.S.

URL: <https://www.joydegriy.com/>



Slide 16



The ACEs Study

TED Talk Video, *How childhood trauma affects health across a lifetime* by Dr. Nadine Burke Harris. Her book is also displayed on the slide: *The Deepest Well: Healing the long-Term Effects of Childhood Adversity*.

URL: <https://youtu.be/95ovIJ3dsNk?si=UovwarMmHOTAZM7Z>