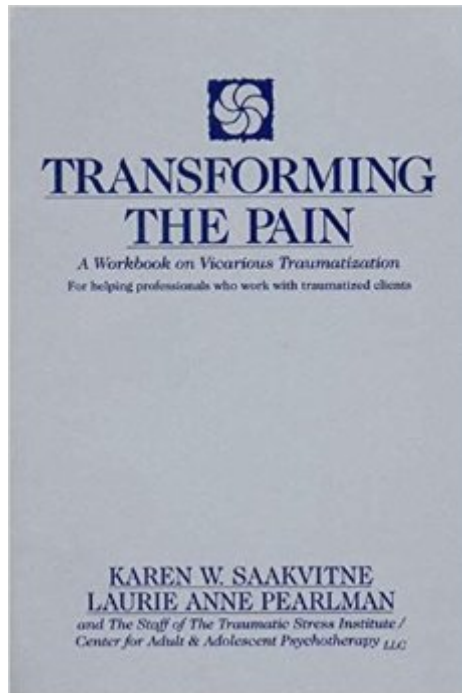


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# Transforming The Pain: A Workbook On Vicarious Traumatization (Norton Professional Books (Paperback))



## Synopsis

This workbook provides tools for self-assessment, guidelines and activities for addressing vicarious traumatization, and exercises to use with groups of helpers. In your profession, do you help or work with people who have been traumatized? Do you listen to stories of abuse, suffering, or trauma from your clients every day? If so, you know it is important to hear and bear witness to trauma survivors's experiences and not be changed. You know firsthand the personal cost of the work you do and the struggle to make sense of powerful, often painful, feelings and altered beliefs. This transformation of a helper's inner experience is called vicarious traumatization (VT); it is an inescapable effect of trauma work. *Transforming the Pain* is the first workbook to address VT. It is designed to take care of the helper to help you assess, address, and transform your own VT. Authors Karen W. Saakvitne and Laurie Anne Pearlman define and describe the VT process and offer reassurance that you are not alone with these painful experiences. The book includes self-assessment worksheets, and guidelines and specific exercises for addressing VT and improving self-care. It is designed to be used by a wide range of professionals and paraprofessionals, including, but not limited to, therapists, police, medical personnel, crisis workers, and clergy. After working with *Transforming the Pain*, you will find that you have a new awareness of the ways your work affects your life as well as new skills and tools for improving your emotional well-being.

## Book Information

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## Customer Reviews

Let there be no doubt that this book and its companion text 'Trauma and the Therapist' is a book written for professionals, not for lay persons. While some laypersons who enjoy and understand heavy psychological reading may thoroughly enjoy both books, this workbook is geared toward the trauma encountered by the therapist (vicarious traumatization) while treating victims of severe abuse. It is not geared toward the client. It is about time that someone write a book and workbook for the professional who can endure as much trauma, vicariously, as the victim, particularly if treating a number of abuse victims. The impact on the professional had been ignored for too long. This workbook is written for the professional mental health provider more than the client. As is its companion text. It is a terrific workbook if viewed with that perspective.

This book was recommended to me because I was looking for ideas for self care to cope with working with the sex offender population. The book provides useful information on vicarious traumatization, how to recognize it, and ways to manage it. I am an Art Therapist and it has some creative and expressive techniques to handle feelings of vicarious traumatization that working with the abused or offender populations can bring up.

I have used this workbook for years in the field of continuing education for human service professionals. The activities are without exception always well received and truly helpful to participants. Very few books present the facilitator steps so clearly. This book is appropriate for any organization that serves people in crisis or trauma. I don't see how you could go wrong if you follow the format presented.

A useful book for working with Western relief workers. I used it as a primary reference for teaching psychologists and social workers who are doing post-genocide relief work in Rwanda. The exercises and definitions of VT are very useful, but the learners frequently pointed out areas where it was culturally incongruent. The book is written as if it addresses a female audience. Since I was working primarily with male military health personnel - that went over very poorly.

This book truly was transformative for me in working with the Holocaust Survivor community. I have witnessed over 300 Survivor testimonies, in addition to all the other traumatizing work I've done in my field. Then I found "Transforming the Pain" and it helped save me, period. It was recommended to me fifteen years ago by a Dutch Centre that works with Holocaust Survivors. I read this book

shortly after going on a sabbatical from work due to compassion burn-out. I'm back in the field, in a better area for me now, thanks to this book. Twenty years and no signs of slowing... I just know how to handle it and myself at the same time now. I know how to continue pursuing the dream given to me at age eight when my mother first gave me "The Diary of a Young Girl" by Anne Frank. I have recommended this book to many, including Rape Crisis Workers who found it also to be very helpful. Definitely not for the layperson or patient/client, though, for the clinician.

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