

VICARIOUS TRAUMA & PROFESSIONAL INTERPRETERS

By Ludmila Golovine

Professional Quality of Life Scale (ProQOL)

*Compassion Satisfaction and Compassion Fatigue
(ProQOL) Version 5 (2009)*

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the *last 30 days*.

1=Never 2=Rarely 3=Sometimes 4=Often 5=Very Often

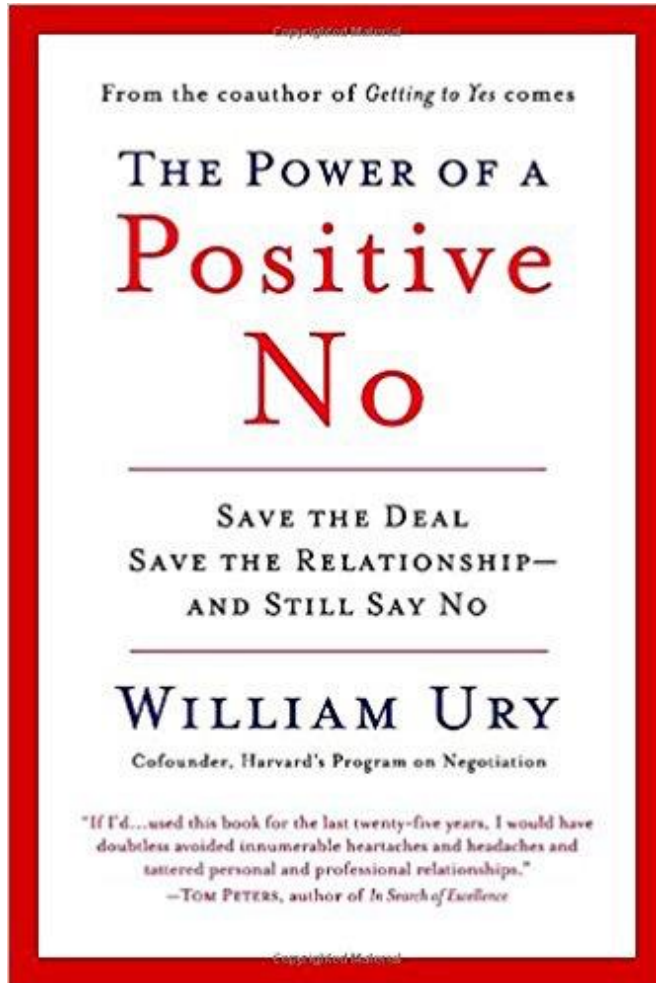
- _____ 1. I am happy.
- _____ 2. I am preoccupied with more than one person I [help].
- _____ 3. I get satisfaction from being able to [help] people.
- _____ 4. I feel connected to others.
- _____ 5. I jump or am startled by unexpected sounds.
- _____ 6. I feel invigorated after working with those I [help].
- _____ 7. I find it difficult to separate my personal life from my life as a [helper].
- _____ 8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].
- _____ 9. I think that I might have been affected by the traumatic stress of those I [help].
- _____ 10. I feel trapped by my job as a [helper].
- _____ 11. Because of my [helping], I have felt "on edge" about various things.
- _____ 12. I like my work as a [helper].
- _____ 13. I feel depressed because of the traumatic experiences of the people I [help].
- _____ 14. I feel as though I am experiencing the trauma of someone I have [helped].
- _____ 15. I have beliefs that sustain me.
- _____ 16. I am pleased with how I am able to keep up with [helping] techniques and protocols.
- _____ 17. I am the person I always wanted to be.
- _____ 18. My work makes me feel satisfied.
- _____ 19. I feel worn out because of my work as a [helper].
- _____ 20. I have happy thoughts and feelings about those I [help] and how I could help them.
- _____ 21. I feel overwhelmed because my case [work] load seems endless.
- _____ 22. I believe I can make a difference through my work.
- _____ 23. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].
- _____ 24. I am proud of what I can do to [help].
- _____ 25. As a result of my [helping], I have intrusive, frightening thoughts.
- _____ 26. I feel "bogged down" by the system.
- _____ 27. I have thoughts that I am a "success" as a [helper].
- _____ 28. I can't recall important parts of my work with trauma victims.
- _____ 29. I am a very caring person.
- _____ 30. I am happy that I chose to do this work.

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- http://proqol.org/uploads/ProQOL_5_English.pdf
Professional Quality of Life Scale (free resource)
- http://www.proqol.org/uploads/ProQOL_Concise_2ndEd_12-2010.pdf
The Concise ProQOL Manual to assess score
- https://www.naadac.org/assets/2416/sharon_foley_ac15_militarycultureho2.pdf
Secondary Traumatic Stress Scale (free resource)
- <https://www.wpspublish.com/store/p/3011/tabs-trauma-and-attachment-belief-scale>
Trauma and Attachment Belief Scale (available for purchase through WPS Publishing*)

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THE POWER OF A POSITIVE NO



You may be afraid to say NO to the next assignment because :

- You don't want to lose the deal
- You don't want to damage the relationship
- You are afraid you will lose your job
- You feel guilty

Learn more at:

<http://www.williamury.com/books/the-power-of-a-positive-no/>

VICARIOUS TRAUMA

THE ETHICS OF SELF CARE

6:00 - 8:30 PM | JULY 30TH 2018

BY SEAN FITZPATRICK, PHD, LPC, EXECUTIVE DIRECTOR, THE JUNG CENTER
& ALEJANDRO CHAOL, PHD, DIRECTOR, MIND BODY SPIRIT INSTITUTE

THE **jung** CENTER



CONTACT INFORMATION

Ludmila “Mila” Golovine

mgolovine@masterword.com

www.masterword.com

www.masterword.com/wellness-connection

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