

# **SELF-ASSESSMENT TOOL: Contributing Factors for Vicarious Trauma**

## **Nature of the work**

- How much choice and control do I have over my work?
- Is my work short-term, crisis, or long-term?
- Am I doing the kind of work that I like? For which I am well-suited? At which I feel competent and valued?
- Does this work match my values and beliefs?

## **Nature of the workplace**

- Do I have enough organizational support?
- Do I have support from colleagues?
- Do I get enough helpful supervision?
- Other workplace factors

## **Nature of the clientele/tasks**

- What populations do I work with?
- How many clients do I see/help each day? Each week?
- Is there balance and variety to my work?
- Are there certain clients/tasks I especially enjoy? Why?
- With which clients/tasks do I struggle most? Why?
- Other client related factors

## **Nature of the person of the helper**

- Is my training appropriate for my work?
- What are my current life stressors and support?
- What is my relevant life history?
- What are my familiar coping strategies?
- What are my emotional style and vulnerabilities?
- How is the fit between myself and my work?
- Other personal factors

## **Nature of social/cultural/political context**

- How am I impacted by social obstacles to the work (ex. \$ cuts, lack of resources)?
- How does the community respond to the work my agency and I are doing?
- How does the community view the population I serve?
- Other social/cultural/political factors