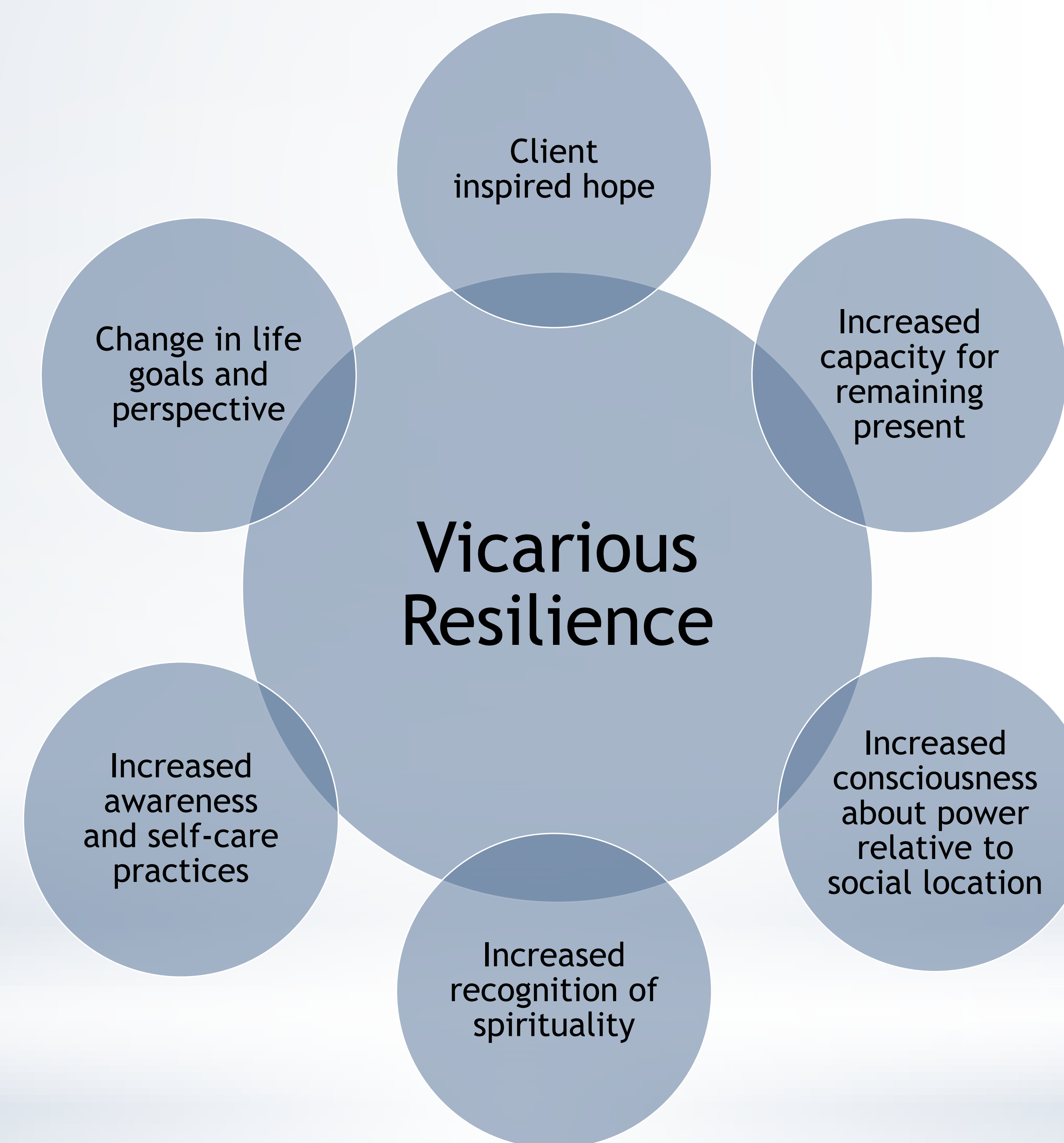


Vicarious Resilience: Shifting the perspective of trauma work for Consult-Liaison Psychiatrists

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BACKGROUND

- C-L psychiatrists work with a variety of patients who have experienced recent and remote trauma.
- There exists a spectrum of responses to work-related trauma exposure. Trauma can present as a psychological and/or emotional response to a distressing event or experience.
- There exists an inherent negative perception of trauma itself. However, little acknowledgment has been given to the potential positive impacts of trauma work for both the patients and psychiatrists.
- This review aims to raise awareness of vicarious resilience and provide tools for improving the well-being of C-L psychiatrists treating patients who present with a trauma history.



DISCUSSION

- Vicarious resilience was first introduced by Hernandez (2007).
- The vicarious resilience scale as developed by Killian et al is a psychometric that can provide guidance for growth areas.
- C-L psychiatrists may experience negative effects of trauma work, including vicarious trauma or compassion fatigue.
- Including the concept of vicarious resilience in training and supervision can help clinicians change their perception of trauma work and work toward fostering their own resilience.
- By bringing awareness to this concept of vicarious resilience and encouraging providers to reflect within this frame, we can help promote a sense of well-being.

METHODS

- Literature search Terms: “vicarious resilience”, “vicarious resilience in mental health”, and “vicarious resilience and psychiatry”
- Database: PubMed, psychiatry online, and google scholars.
- Exclusion:
 - not focused on VR as the main topic
 - Not published in peer-reviewed journals
 - Not primarily related to mental health
- Reviewed and summarized 15 articles
 - 8 qualitative studies

NEXT STEPS

- Utilizing the Vicarious Resilience Scale to obtain quantitative data for Consult-Liaison Psychiatrists to foster vicarious resilience.
- Case studies of provider wellness based on Data collected from Vicarious Resilience Scale

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