

Listening to Trauma Stories



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Secondhand trauma can impact a variety of professionals, especially those who interact with individuals who have experienced a traumatic event. The following are suggestions to combat secondary trauma, but we recommend looking at our additional resources.

- Use your assertiveness to say “no” and set boundaries
- Spend time in nature
- Connect with others and ask for help
- Use your creative expression
- Make a plan for coping
- Rest and relax

Listening To Trauma

Anton Stucki



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