

MODULE 7: EXERCISE 1

Leader's Introduction: Now that we have discussed the signs and symptoms of Vicarious Traumatization, I am going to invite you to do an exercise that was modified from two exercises, "Making it Personal" and "Silent Witness" in *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

(Students: Turn to exercise in the workbook)

Exercise: "Not Alone in the Dark"

Awareness: Write down any signs or symptoms of vicarious traumatization that you are aware of in your current life.

The Choice to Share: On the next page, write down any two of these signs or symptoms that you would share with the person to the right of you (or some arrangement depending on the size of the group).

- A. The person will read your two signs or symptoms but there will be no verbal discussion.
- B. You will then read theirs.

(Students: Without discussion, take in what you have read and shared)

- C. Share with your partner your feeling about this experience.

Notes to Leader:

- A. You may want to invite further debriefing in small or large group discussions of this experience: "Would anyone like to share their thoughts or feelings about any aspect of this experience?"
- B. You can verbalize that this exercise is meant to enhance awareness, support and containment. It involves bearing witness. It is meant to re-enforce our understanding that the sharing and containment of trauma and its impact in and of itself is transformative of trauma.