

Identifying exposure to traumatic content

This document can be used to help identify situations in which you are exposed to traumatic content in your role. There are three tables, each representing a mode of exposure—verbal, written, and audio-visual. Each table lists examples of common exposure methods, and asks you to indicate whether this never occurs, or if it occurs rarely, sometimes, or often. There is also a section in each table where you can write in methods of exposure that are not listed in the table.

You can keep this table for your own reference or use it as a tool to help you talk to your Health and Safety Representative, union representative, and/or employer.

Verbal exposure	Never	Rarely	Sometimes	Often
Clients disclose details about traumatic things that they have lived, or are currently living through				
I have in depth conversations about trauma that clients have experienced – e.g. I help them process what happened				
Co-workers tell me details about clients' trauma – e.g. as part of case conferences				
I overhear conversations between co-workers about clients' trauma				
<i>Other:</i>				



Preventing Vicarious Trauma Information Sheet

Written exposure	Never	Rarely	Sometimes	Often
Part of my role involves reading documents containing details of clients' trauma (e.g. client files, court documents)				
Part of my role involves writing documents containing details of clients' trauma, e.g. in client files or in referral documents to other services				
Part of my role involves reading clients' own written accounts of trauma they have experienced (e.g. as part of a Victim Impact Statement or application for an IVO)				
Part of my role involves reading reports or files about traumatic experiences that have happened to my co-workers (e.g. OHS incidents, critical incidents)				
<i>Other:</i>				



Preventing Vicarious Trauma Information Sheet

Audio-visual exposure	Never	Rarely	Sometimes	Often
Part of my role involves viewing video footage of traumatic incidents				
Part of my role involves viewing photos of traumatic incidents				
Part of my role involves hearing audio of traumatic incidents				
Part of my role involves viewing photos of injuries sustained from traumatic incidents				
Part of my role involves visually identifying signs of physical and/or sexual abuse in adults				
Part of my role involves visually identifying signs of physical and/or sexual abuse in children				
<i>Other:</i>				