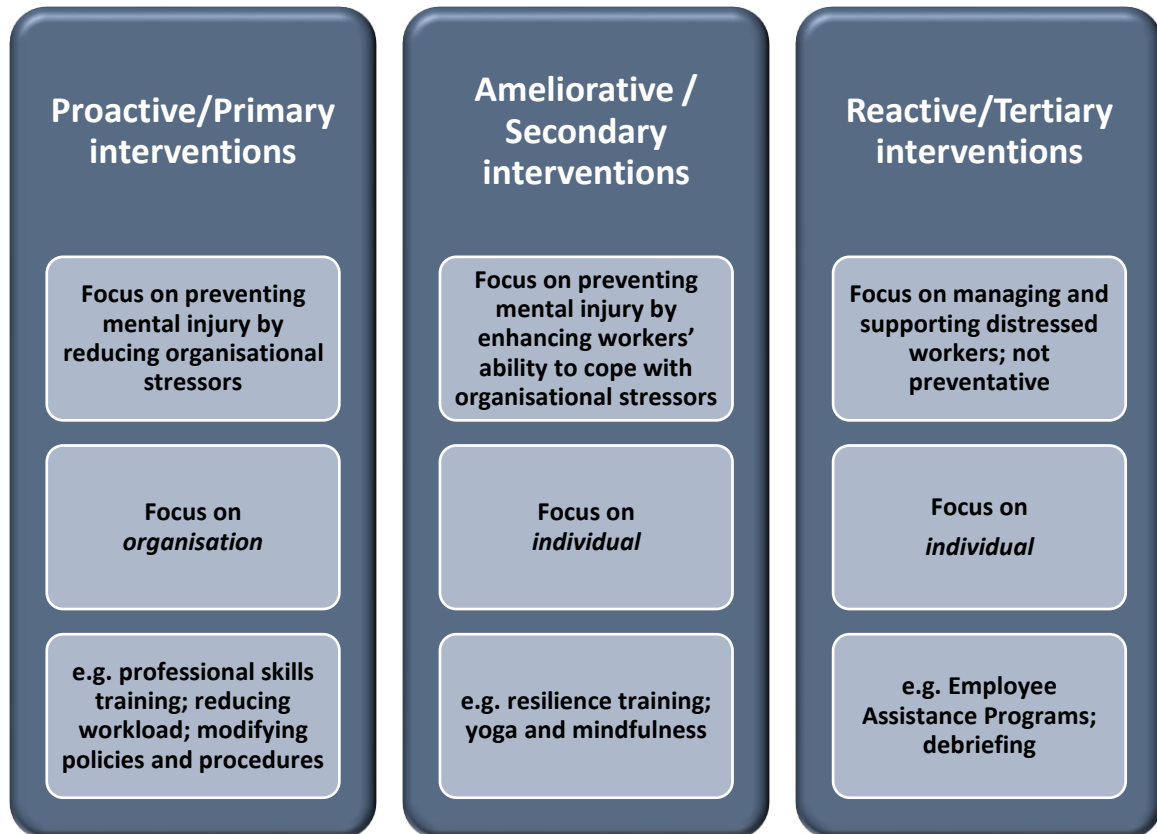


Types of vicarious trauma interventions

Organisational interventions relating to vicarious trauma and other mental injuries can be classified as either proactive, ameliorative, or reactive.



The best approach uses all three types of interventions:

- reducing organisational stressors (proactive)
- enhancing workers' ability to cope with remaining organisational stressors (ameliorative)
- *and* offering support to workers who are impacted by work (reactive).

However, many organisations do not have a comprehensive prevention approach for vicarious trauma or other mental injuries. Organisations that take a preventative approach largely offer ameliorative interventions, which focus on enhancing workers' ability to cope rather than addressing the organisational stressors which contribute to vicarious trauma.

Though ameliorative interventions can be very useful, it is critical to use proactive interventions that identify and control the risk of vicarious trauma as far as reasonably practicable.