



Second-Hand Shock: Surviving and Overcoming Vicarious Trauma

Vicki Carpel Miller, Ellie Izzo

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For "helping" professionals who may suffer from vicarious trauma and its unexplained, debilitating problems like depression, obesity, immune disorders, addiction, or anxiety. Absorbing others' trauma while controlling empathy negatively alters the brain's structure, putting the professional at risk, particularly for those with childhood trauma. Includes the *AFTERSHOCK* workbook for professionals.

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