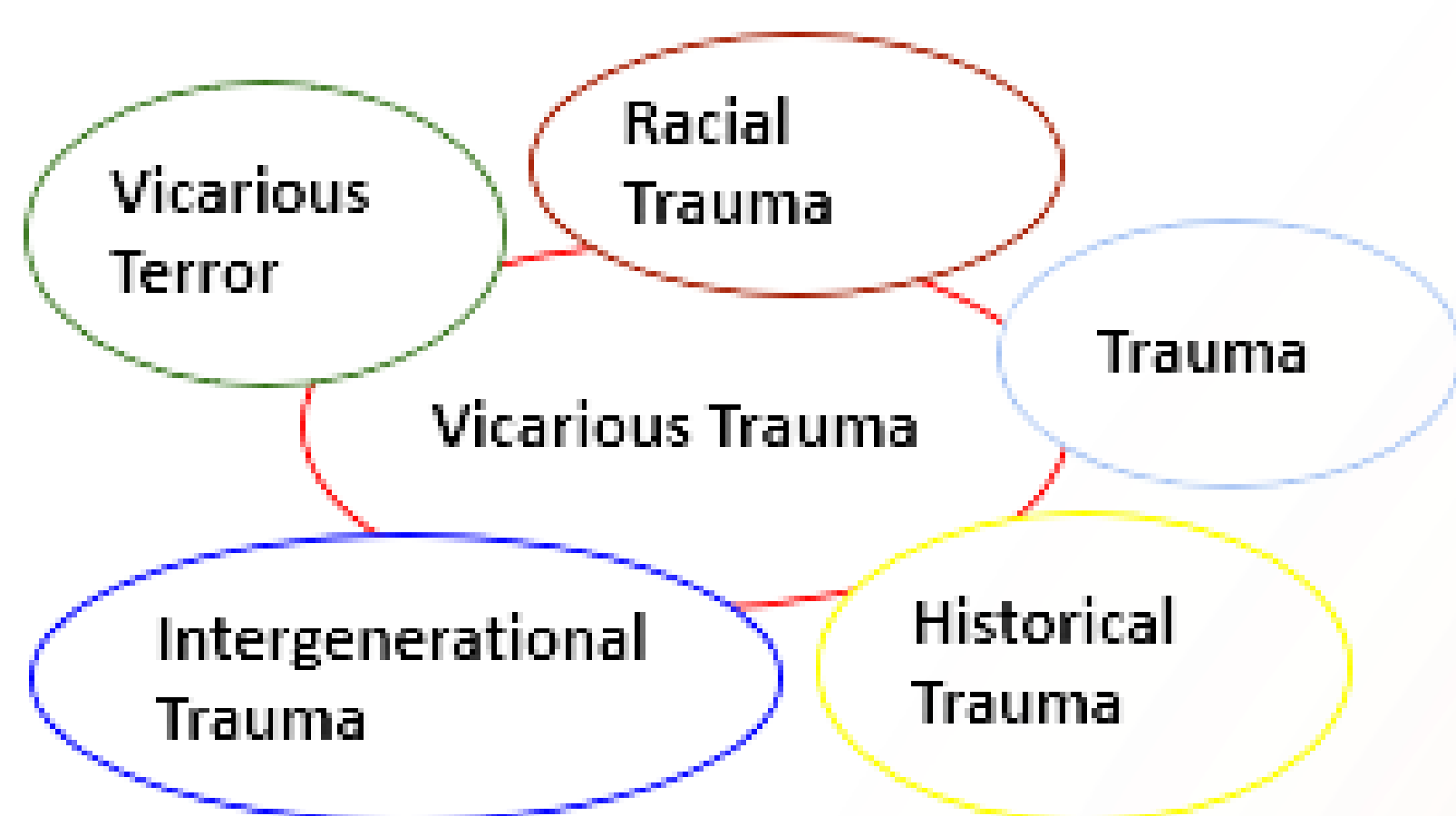


# Vicarious Trauma, Self-Care, and Finding Joy

Regardless of our title, many Boston College faculty and staff empathically engage with students and colleagues who share their stories of trauma.

*Vicarious Trauma is the cognitive and emotional effect that happens to an individual who listens to the accounts of another person's traumatic experience*



**Figure 1.** Increased risks of Vicarious trauma on BIPOC individuals, due to intersecting traumas

When in this role, we need to consciously take care of our own well-being. This is particularly important for BIPOC professionals at BC, who are potentially more at risk for vicarious trauma.

***Vicarious Trauma, Self-Care and Finding Joy***, is a training and discussion specific to the impact of Intergenerational, historical and racial trauma and its long term effects on people of color and their increased risk factors for vicarious trauma.

The talk also focuses on self-care and finding joy. Father Kolvenbach believed; ***“When the heart is touched by direct experience, the mind may be challenged to change.”*** Being in dialogue with our colleagues will provide an opportunity for this change.