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Trauma Programs

FrontLine Service



Kiley, K. A., Sehgal, A. R., Neth, S., Dolata, J., Pike, E., Spilsbury, J. C., & Albert, J. M. (2018). The effectiveness of guided imagery in treating compassion fatigue and anxiety of mental health workers. *Social Work Research*, 42(1), 33-43.

# Guided Imagery's Role



# Guided Imagery as a Self-Care Tool

Will listening to prerecorded guided imagery on mp3 players **3 times per week for 4 weeks** reduce state anxiety, perceived stress, and compassion fatigue in FrontLine Service workers?

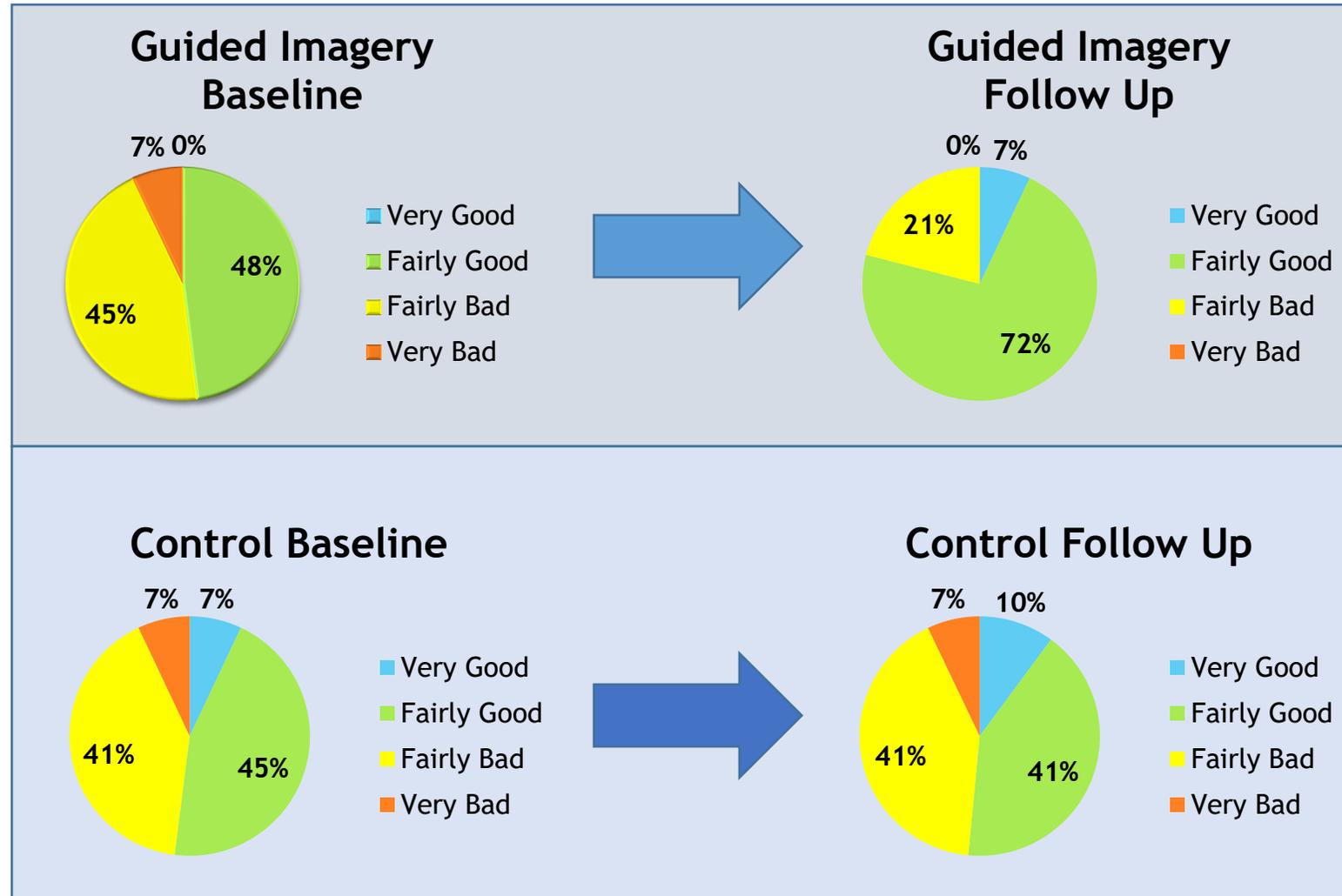


**Table 3: Means and Standard Deviations of Change Scores**

Measure	Guided Imagery		Control Group		<i>p</i>
	<i>M</i> ( <i>n</i> )	<i>SD</i>	<i>M</i> ( <i>n</i> )	<i>SD</i>	
State Trait Anxiety Inventory short form	-3.56 (31)	2.18	-1.75 (31)	1.42	.001**
Perceived Stress Scale	-1.83 (29)	4.16	-0.35 (29)	4.85	.217
Compassion Satisfaction	0.71 (28)	3.47	-0.10 (29)	3.41	.373
Burnout	-1.46 (28)	3.28	0.17 (29)	3.53	.075
Secondary Traumatic Stress	-1.39 (28)	3.26	-0.24 (29)	4.32	.262
Self-Reported Sleep Quality	0.45 (29)	0.74	0.03 (29)	0.82	.048*

\**p* < .05. \*\**p* < .01.

# Self-Report Sleep Rating Before and After 4 Weeks



# Knowledge Base

Compassion Fatigue, Secondary Traumatic Stress, Burnout

Resiliency

Stress reduction techniques: guided imagery, yoga, meditation, breath work

Employee wellness initiatives and considerations to reduce barriers to usage

Applying Trauma Informed Care into various settings

The affects of violence on children and families

# Role at FrontLine Service's Trauma Department

- Training
  - Trauma Informed Care
  - Staff Resiliency
- Internal staff resiliency
  - Group facilitator
  - Yoga instructor
- Evaluation
  - Data management
  - Satisfaction surveys
  - Consultation
- Literature Review
- Other duties as assigned