

Treatment Relationship

The following are some underlying factors the clinician must take into consideration when working with trauma survivors:

- **Empowerment:** What would this look like?
- **Maintaining technical neutrality:** Can you think of an example?
- **Maintaining a committed moral stance:** When would this be most difficult for you?
- **Being aware of traumatic transference:** Clients may oscillate between devaluing and idealizing the therapist when they are in the midst of working through difficult issues.
- **Being aware of traumatic countertransference:** Can you identify your most common reactions?
- **Vicarious trauma:** What kind(s) of traumatic events do you think may have more impact on you?
- **Burnout:** Remind yourself of the differences in the previous three bullets.

As part of the process of working with trauma victims, the therapist is also likely to experience an increased appreciation of life, deeper friendships, increased authenticity in living, and increased social engagement. Why might this be? Isn't that counterintuitive? Is it possible that the same also might be true for a trauma survivor? What research is available to support the ideas above?