

Anthea Millar

‘Second-Hand Shock’ and Supervision

Supervising Compassion Fatigue and Vicarious Traumatism

Presented by: Anthea Millar MA, MBACP (Snr Accred), UKRC, DipIIP

Working in the helping professions means that we are frequently secondary witnesses to the trauma and severe stress experienced by our clients. It is human and natural to be affected by other’s suffering. However, the potential risk of ‘Second-Hand Shock’ (Ref: Izzo & Carpel Miller), which includes vicarious trauma, secondary traumatic stress, compassion fatigue and burnout, is a major concern, taking its toll on many practitioners.

Identifying Second-Hand Shock in its varying dimensions and appropriately supporting supervisees’ self-care are essential skills for supervisors. In this practical workshop that will be of interest to both supervisors and supervisees, Anthea will offer an overview of Second-Hand Shock, introducing the following:

- The three dimensions to Second-Hand Shock: Compassion Fatigue, Vicarious Trauma, and Secondary Traumatic Stress.
- Neuroscience and Second Hand Shock
- The Risks of Empathy
- Supervisory Interventions enabling Practitioner Self-Care

Anthea Millar is a BACP Senior Accredited Psychotherapist with 33 years’ experience. She has a busy therapy and supervision practice, and is regularly invited to provide training in supervision and trauma therapy both in the UK and abroad.

Increasing her understanding of the most effective ways to work with trauma through ongoing specialised training has been a long time concern. Anthea’s first career as a speech and language therapist, when she worked with neurological trauma, set the scene for her interest in psychological as well as physical trauma.

Anthea is a founder and a co-director of Cambridge Supervision Training, and a co-author with Penny Henderson and Jim Holloway of *‘Practical Supervision: How to become a Supervisor for the Helping Professions’* (Jessica Kingsley 2014).