

Eileen A. Dombo, PhD, LICSW
202-423-9509

Personal Care Plan

I, _____ understand that vicarious trauma is a process of transformation that I am likely to experience due to the nature of the work I do. All professionals working with people who have experienced pain have feelings about the work. In order to better cope with my feelings about the work, and address the environmental factors that contribute to vicarious trauma, I commit to do the following:

I. As a Professional:

1. _____

2. _____

3. _____

II. In my Environment:

1. _____

2. _____

3. _____

III. In Supervision:

1. _____

2. _____

3. _____

IV. In my Personal Life:

1. _____

2. _____

3. _____