

INTRODUCTION

Counselors, social workers, psychologists, and other allied professionals engage in helping roles that commonly intersect with trauma, resulting in the minimization of their own emotional responses. Such exposure, as in lengthy therapeutic relationships or acute experiences as first responders can evoke stress for professionals (Regan, Burley, Hammer & Wright, 2006; Stanley, Feldman, Kaplan, 2010).

Scholarly literature devoted to understanding the aggravating and mitigating factors in professional caregiver stress is noteworthy. A Psych-Net database search examining professional journal articles from 1980-2013 yielded 134 articles in which “professional helper

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REFERENCES

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