



## The Brooks/Cole Counseling E-Communicator

Brought to you by The Wadsworth Group

Welcome to the Brooks/Cole Counseling E-Communicator. The goal of our quarterly newsletter is to communicate with you, our valued customer. Our intent is to provide you with informative news, announcements, great ideas in teaching, and an opportunity for you to find out more about us.

### Announcements

- ★ Wadsworth-Brooks/Cole is VERY EXCITED to welcome the **F.E. Peacock products and authors** to our family. To request review or desk copies of these products, please contact your local Wadsworth sales representative.
  - Case Studies in Psychotherapy, Third Edition (Wedding/Corsini)**
  - Current Psychotherapies, Sixth Edition (Corsini/Wedding)**
  - Family Counseling and Therapy, Third Edition (Horne)**
  - Multiculturalism in Counseling (Sciarra)**
  - Tactics in Counseling and Psychotherapy (Mosak/Maniacci)**
- ★ Do you have any announcements that you would like us to include in our next edition?  
Please e-mail Caroline with your announcement by 12/20/02 at [caroline.concilla@wadsworth.com](mailto:caroline.concilla@wadsworth.com)

### Great Ideas in Teaching

We'd like to highlight and share great ideas in teaching counseling... whether it's an activity, a unique lesson, or a self-created web component, we'd love to showcase your great teaching efforts.

To submit a "Great Ideas in Teaching" Counseling example, please e-mail Caroline at [caroline.concilla@wadsworth.com](mailto:caroline.concilla@wadsworth.com)

### Awards

Congratulations to **Dr. Robert C. Chope** of San Francisco State University for receiving *the Robert Swan Lifetime Achievement Award* by the California Career Development Association at the International Career Development conference in Orange County (November 2002)!

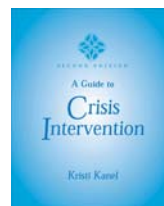
To submit names of individuals, schools or organization receiving awards, please e-mail Caroline at [caroline.concilla@wadsworth.com](mailto:caroline.concilla@wadsworth.com) (and please submit the name of the award).

### Hot Topic

Article by:

Kristi Kanel, Ph.D.,  
California State University – Fullerton

Brooks/Cole Publication by Kristi Kanel  
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### Compassion Fatigue or Secondary PTSD

I recently attended the 7<sup>th</sup> International Conference on Family Violence in San Diego, CA and was intrigued by the amount of professionals focusing on reactions of mental health workers to working with trauma victims. Presentations about his topic ranged from countertransference reactions when working with victims of sexual abuse to the compassion



**Compassion Fatigue or Secondary PTSD Article by Kristi Kanel continued**

fatigue experienced by those assisting those affected directly and indirectly by the tragedies of September 11, 2001. This information interested me greatly as I have begun research into the effects of working with people in crisis on counselors and other professionals.

Of particular interest was the presentation given by an army officer who organized a communication/debriefing station for the people working to clean up the pentagon after the 9/11 airplane crash. He talked about the helpers experiencing what he termed compassion fatigue. This can be thought of as a form of Post Trauma Stress Disorder (PTSD) which I have termed Secondary PTSD because it stems from helping others who have been affected by a trauma. The symptoms are the same as PTSD itself however, and include numbing, hypervigilance, re-experiencing the trauma of the victims and a sense that the world is not safe. He and his colleagues set up a station where each worker had to stop and have a cold drink, talk with other workers and counselors and even get a massage from volunteers. Although there was not longitudinal data about the effectiveness of this process, he did share that those involved reported feeling glad they had this station available.

I believe that people who help those in crisis, particularly those who have been victims of trauma, should participate in similar programs. I recently conducted a study in which 63 crisis workers were surveyed about the types of crises that they deal with, how working with these people affects them, and what they do to cope with the stress. The participants included counselors, doctors, nurses, police, firefighters and emergency workers. Based on their responses, very few ever go see a mental health professional but report having symptoms of secondary PTSD. What they do instead that appears to be helpful is talk to fellow co-workers. The results of this study can be found in my newly revised book, *A Guide to Crisis Intervention*.

Based on the results of my study, and the information provided by the presenter at the conference, I plan to conduct another study in which I set up programs at various agencies where workers deal with trauma. I will compare the effectiveness of participation in the program with a control group and explore whether PTSD symptoms differ between groups. The overall goal of this research is to devise and implement programs for crisis workers that would eliminate secondary PTSD reactions.

## Hot Topic

Article by:

Katherine van Wormer, Ph.D.  
University of Northern Iowa  
[www.uni.edu/vanworme/](http://www.uni.edu/vanworme/)

Brooks/Cole Publication by Katherine van Wormer & Diane Rae Davis



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## Harm Reduction

While drug policy from the federal government remains as punitive as ever, there are many positive developments coming from the states. Initiatives to decriminalize or even legalize marijuana are on the ballots in three states - - Nevada, South Dakota, and Arizona. Part of the impetus, no doubt, has to do with shrinking state budgets weighed against the expense of locking up people for possession of marijuana. Nevada's legislation—for legalization as opposed to decriminalization-- would allow for taxation and help replenish state revenues. Canada and many Western European countries currently are shifting their approach to drugs by viewing users not as criminals but as victims of the drug culture or even of themselves. Portugal, for example, is fighting the demand for drugs by trying to reduce the demand through treatment.

In the U.S., at the college level, the trend is away from zero tolerance toward a more pragmatic approach. To counter binge drinking and the crimes that accompany this behavior, the focus by university authorities has shifted to



Harm Reduction Article by Katherine van Wormer continued

moderation. Because most students think that other students typically drink over five drinks at a sitting, an informational campaign has been launched to present the true norms for drinking on that campus. Posters proclaim the true facts. Similarly, facts about sexual activity are displayed to inform students that most students who are sexually active are in committed relationships. The focus today, in short, is on harm reduction, a pragmatic rather than punitive approach. Pioneering work from the University of Washington using the motivational interviewing model, an empirically validated model for effectiveness in reducing alcohol consumption, is being emulated across the country. Students who are found to be at high risk in preliminary surveys are counseled through a student-centered approach. The technique involves reinforcement of their motivation to preserve their health.

Perhaps the most revolutionary development is occurring in treatment centers across the U.S. Whereas it traditionally was assumed that clients had to “hit their bottom” before they entered treatment, today’s trend is more preventive and flexible. Motivational interviewing is widely taught through intensive staff training sessions. Our book, *Addiction Treatment: A Strengths Perspective* was conceived with these new directions in mind. It is designed for counselors who wish to “meet the client” where the client is and for persons who want to probe the essence of addiction biologically, psychologically, and socially.

Brooks/Cole News

Some of our FIRST EDITIONS hot off the Presses and ready for review today!



- *Theory-Based Treatment Planning for Marriage and Family therapists*, by Diane R. Gehart & Amy R. Tuttle
- *The Clinical Assessment Workbook*, by Elizabeth Pomeroy & Kathryn Wambach
- *Fundamentals for Practice with High Risk Populations*, by Nancy Summers
- *Integrating Religion and Spirituality into Counseling: A Comprehensive Approach*, by Marsha Wiggins Frame
- *Child and Adolescent Treatment: Cultural and Familial Contexts*, by Faith H. McClure & Edward Teyber

Some of our hot new TECHNOLOGY products ready for review today! Ask to review these new CD-ROM



products today!

- ★ Corey/Corey/Haynes, Ethics in Action CD ROM (Available separately or bundled)
- ★ Ivey/Ivey, Your Interactive Resource CD-ROM (Available bundled with Intentional Interviewing, 5/e)
- ★ Gibbs, Evidence-Based Practice for the Helping Professions (Available as a text/CD-ROM package)



## Test Drive Our Online Tools

With our powerful online tools, we provide you ways to take your course beyond classroom boundaries! start your test drive now!

- ★ Test drive InfoTrac College Edition—the online library—today at <http://infotrac.thomsonlearning.com/Demo/page1.html>
- ★ Test drive WebTutor on Web CT and Blackboard today at: (Available with selected Counseling titles)  
<http://webtutor.thomsonlearning.com/default.asp?platform=Blackboard&action=bap>  
<http://webtutor.thomsonlearning.com/default.asp?platform=WebCT&action=wap>
- ★ Test drive MyCourse 2.0—FREE online course builder—today at  
[http://63.101.55.211/images/app/qt/sg/user\\_docs/classact/classactour/index.html](http://63.101.55.211/images/app/qt/sg/user_docs/classact/classactour/index.html)

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- ★ To see **what else is new**, our 2003 Texts: [http://www.newtexts.com/discipline.cfm?discipline\\_id=9](http://www.newtexts.com/discipline.cfm?discipline_id=9)
- ★ Tips to **submitting manuscript proposals**: Go to our home page at (<http://counseling.wadsworth.com>), select **Contact Wadsworth**, select **Interested in Authoring?**
- ★ Instructor Support materials are not automatically sent to adopters. To receive available text support materials, contact your local Wadsworth sales representative. Go to our home page (<http://counseling.wadsworth.com>), select **Find your Rep**
- ★ Do you have any comments or suggestions concerning this newsletter? Would you like to submit materials? Please contact Caroline at [caroline.concilla@wadsworth.com](mailto:caroline.concilla@wadsworth.com)

## Our Home Page at <http://counseling.wadsworth.com>