Psychology

Student’s Name

Institution

**Q1: What are two key predictors of secondary trauma in spouses or partners of first responders?**

Posttraumatic Stress (PSTD), anxiety and depression are some of the secondary trauma which spouses or partner of first responders usually experience. According to Meffert, et al., (2014), it is common for people to experience distress in respond to traumatize event. Research also indicates that people who had experienced trauma before are more likely to develop PSTD compared to someone who have never experienced trauma. Posttraumatic stress disorder is a mental condition triggered by a terrify event. It is symbolizes by nightmares and severe anxiety and therefore, it needs immediate therapy to address the condition. Cognitive behavioral therapy is the best therapy strategy which should be used to address the PSTD. Cognitive behavior therapy is helpful in addressing the negative thoughts. It focuses on self care routine and therefore, it helps individuals to recover from trauma faster.

**Q2: What are two key differences between secondary traumatization and secondary victimization?**

Secondary victimization is the behavior or attitude of the service provider and secondary traumatization is the emotional reaction or duress that result when an individual hear about trauma for the first time (Regehr, 2014). The key different between secondary traumatization and victimization is the behavioral reaction. The secondary trauma usually affects providers, researchers and educators and therefore, requires self care to address the situation. The secondary trauma can be treated using cognitive behavior therapy which involve the use of self care strategy to help a victim recover faster from a traumatize condition (Meffert, et al., 2014). The approaches which are applied in solving the problems of secondary victimization and traumatization are different because the disorders are different. In the case of secondary traumatization, the self care is applied while in secondary victimization can be addressed through taking various precaution and therefore, the victim requires an adverse physical care.

# References

Meffert, S. M., Henn-Haase, C., Metzler, T. J., Qian, M., Best, S., Hirschfeld, A., et al. (2014). Prospective Study of Police Officer Spouse/Partners: ANew Pathway to Secondary Trauma and RelationshipViolence. *https://www.researchgate.net/publication/263710644\_Prospective\_Study\_of\_Police\_Officer\_SpousePartners\_A\_New\_Pathway\_to\_Secondary\_Trauma\_and\_Relationship\_Violence* , 2-34.

Regehr, C. (2014). Bringing the trauma home: Spouses of paramedics. *https://www.researchgate.net/publication/232905078\_Bringing\_the\_trauma\_home\_Spouses\_of\_paramedics* , 2-34.