

Healing from Secondary Trauma and Vicarious Trauma

Excerpt from “Profound Healing for Indigo Children & Youth...and Other Sensitive Souls”, written by Rémi Thivierge MSW RSW RMFT and published in 2011.

Indigo children and other sensitive souls are almost certainly labeled and medicated far more often than other people. As you may know, indigos are very intelligent, intuitive, sensitive, and strong-minded. If you want more information, you can read an introductory article or watch videos on this topic at dynamicharmony.com/indigos.html. You can also fill out a questionnaire there to help you determine if you or your child is an indigo or other sensitive soul.

Some of you may think the following information is a bit too weird. However, research has shown that these difficulties not only exist, but have a great impact on many people. The problem is that most of us aren't aware we carry these types of energies. It's like carrying a cold virus but not developing a cold until later. However, our indigos and other very sensitive souls feel these issues more quickly and much more intensely than other people do.

Secondary trauma, whose principal writer is Charles Figley, relates to our picking up negative energy from being around other people who are traumatized. It often relates to helping professionals. Vicarious trauma is a term that means much the same thing as secondary trauma. Compassion fatigue and emotional contagion relate to the same types of difficulties although there is some difference between the terms.

For example, a person may have compassion fatigue after looking after an aging parent for a long time or a child who has a disability that needs ongoing care, such as an indigo with ADHD who keeps getting into trouble at school. For example, if this applied to you, you would pick up and accumulate the suffering that your child experiences at school, as well as the suffering of others who complain about your child.

Emotional contagion can occur in crowds, such as in shopping centers. Some indigos and other sensitive souls find it very difficult to go into such areas because they haven't learned how to protect their energy field effectively.

One of the biggest causes of what's generally thought of as burnout is by helpers being affected by and taking on the negative energy of the people they help. Another term for this is vicarious trauma. However, burnout relates to overwork, which is not the case with secondary or vicarious trauma.

The ideas in the literature on these topics are very useful, although I find some methods from energy psychotherapy far more effective for resolving burnout,

compassion fatigue, and secondary and vicarious trauma than traditional Western approaches. My experience is that healing visualizations are more helpful in resolving these issues than any other method from the field of energy psychology.

Research shows that about 20% of professional helpers are greatly impacted by taking on negative energy from their clients or patients. The ones most affected tend to be more sensitive people. The vast majority are not aware of what's happening to them because the process is very gradual. It starts with their losing their enthusiasm for their work and becoming more and more tired over time. This has serious repercussions for work performance and relationships at home as well. This applies to psychologists, child welfare workers, nurses, physicians, counselors, healers, teachers, dentists, firemen, lawyers, and anyone who deals with people under a great deal of stress.

An interesting phenomenon that happens in some cases is that people who are tough and very well protected energetically, as this father was, don't feel the negative energy at all and aren't affected by it. They bring it home and their sensitive loved ones absorb it. Their well-being or behavior is negatively impacted by this. Some wives of soldiers, police, and firemen pick up these negative energies. Indigo children are more likely to be impacted by this.

When a parent is impacted by negativity at their work, they may not feel it themselves but they carry the negative energy in their aura. Their child, especially an indigo child or youth, picks it up and can be greatly impacted by it. They may then act out without anyone understanding the cause. Here's an example:

Story:

I worked with a 15-year-old youth whose father was a supervisor for many years in the child protection system. The youth ended up becoming more and more burdened, belligerent, and unmotivated. The major part of my work was to simply help her transform from darkness to light the negative energy that she had picked up from various places, including friends she had tried to help, but especially from the negative energy that her father brought home without his even being aware of it. In this case, the father couldn't understand what his daughter and I were talking about.

The experience of this 15-year-old happened with my son as well when he was quite young. I had my practice at home, as I still do. I discovered later that he was picking up the negative energy from my clients through me, even though I didn't feel it at the time. He then acted it out aggressively at school. As part of my growth, I've since intentionally become more and more sensitive, and can feel these energies more deeply than I used to, and cleanse my field appropriately.

Some people who are negatively impacted by these energies aren't aware of it because they're not open to feeling their own sensations and emotions. The goal for them to improve their situation is to start by becoming aware of these sensations and feelings.

Story:

A 12-year-old saw one child bully another at school. She didn't know either of them. However, she was directly impacted by the incident through secondary trauma and absorbed their negative energy. She then unknowingly took this aggressive energy home in her energy field and acted it out by bullying her mother. Once we clarified the cause of the daughter's behavior, we were able to resolve the negative energy from the incident at school in a few minutes. She then went back to her normal attitude and behavior.

Here's another example. A baby would cry because of normal needs such as hunger and needing a change of diaper. Her mother would nurture her and look after her needs. The child would continue to cry more and more. Eventually, the mother would put the baby down and the baby would stop crying. The same routine would occur frequently and the mother would pick the baby up again. The reason for the baby's crying was that the mother was carrying a great deal of traumatized energy in her field. Her baby would feel it and cry out in pain as a result. The baby cried very little when others held her.

The traumatized energy in the mother's field was there as a result of her dysfunctional childhood. Helping to resolve the mother's negative energy from her childhood would have been very important for her baby's well-being regardless of whether the negative energy was felt by the mother or not.

Unfortunately, most helping professionals trained in Western modalities don't understand these issues relating to energy, and so they treat them with medication, psychiatric labels, and forms of counseling that aren't helpful. This confirms to the client that there's something really wrong with them.

Clearly, these approaches are not only unhelpful, but they can make things much worse for indigos and other sensitive souls who experience the types of difficulties in this and my other articles. These professionals haven't yet developed the understanding and sensitivity, or the tools to assist in healing those issues. They also haven't learned to transform negative energy out of their own energy space. On occasion, some sensitive clients come to see me after feeling worse after seeing another practitioner who carried unresolved negative energy in their own field.

Story:

Because this issue of picking up negative energy is so crucial for you to understand, I'll give you yet another example. I had a few sessions with a very sensitive 33-year-old indigo female recently. She picked up negativity very easily from around her and then went more and more off base the more negativity she accumulated. She went into a psychiatric hospital a number of times as a result. She was labeled as bipolar, among other things. She hated herself for being so sensitive, which made things worse.

Her self-hatred came in part from her experience with her father, who was very critical toward her, and told her that she always destroyed everything. She usually cried a great deal when she saw helping professionals, which triggered their need to help resolve her suffering. She was given various different medications and hospitalized. She then picked up more negative energy from the psychiatric hospital.

In each of the four sessions I worked with her, she was able to transform the negative energy that she carried very quickly with my guidance. However, she then returned to her self-critical, doubting mode and back into fear. This was a vicious cycle, which we were able to resolve more and more fully with each session.

Exercise:

Following is one of the most important exercises in my book for the simple reason that most people are not aware of the negative energy that they carry. You can use this exercise first to transform some of the negativity that you carry, and then you can help your indigo do the same.

Imagine light coming in from above to the top of your head and focus it on your aura, the energy field about three feet (one meter) around your body. There's no effort involved in doing this. Simply intend it to happen, and it will. No need to struggle. Neurologists and mind-body workers use the phrase, "Where intention goes, energy flows."

Have the light, a violet flame, go into the various layers of your energy field – the etheric, emotional, mental, and Buddhic (spiritual) layers, and burn away the negativity from your environment.

- Etheric layer – right next to the skin, about two inches or five centimeters thick;
- Emotional layer – about one foot thick, or a third of a meter, right after the etheric layer;
- Mental body – one foot thick, right after the emotional layer; and
- Buddhic layer – one foot thick, right next to the mental layer

Burn away the various aspects of negativity from your environment that are in your aura. For example, if you live in a high crime area, burn away anger, despair, and other aspects of negativity from your community. If you're a fireman, burn away the trauma of people you've helped that lost all their life possessions in a fire. If you have neighbors who argue regularly, burn away their anger and fear from your aura.

The same applies to your indigo except that your child is likely to feel the negativity more than you do. Most of the time, neither of you will be able to identify the cause of your distress. You and your child will simply feel lighter after transforming these layers of negativity.

In addition, if you were depressed in the past, your child will need to clean up that energy from her field as well. The same applies to other types of negativity you and your

spouse have gone through since your child has been born. Use the same method to transform these from darkness to light.

If you're curious about whether you or your child are an indigo or other sensitive soul, you can fill out a questionnaire on this at [dynamicharmony.com/indiquest/](http://dynamicharmony.com/indiquiest/). You can also read articles or watch videos dynamicharmony.com/video.html regarding indigos and other sensitive souls. In addition, you can choose to go to this site to register for webinars or to buy my book "Profound Healing for Indigo Children & Youth...and Other Sensitive Souls" – at www.dynamicharmony.com.

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