

A graphic medicine book looking at how Psychoanalytic, Jungian, Feminist, Narrative, and Mindfulness theory address Vicarious Trauma. Over 50, wet on wet watercolor images fill this full color book with a deep experience of how the body and mind react and process our own traumas and those of others.

Vicarious Trauma Illustrated

by Rebecca Bloom

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Vicarious Trauma Illustrated

Rebecca Bloom



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Printed on Acid Free Paper

This book offers a look at
Vicarious Trauma
through five theoretical lenses.
Psychoanalytic, Jungian, Feminist,
Narrative and Mindfulness.
This follows my own journey
as a therapist.

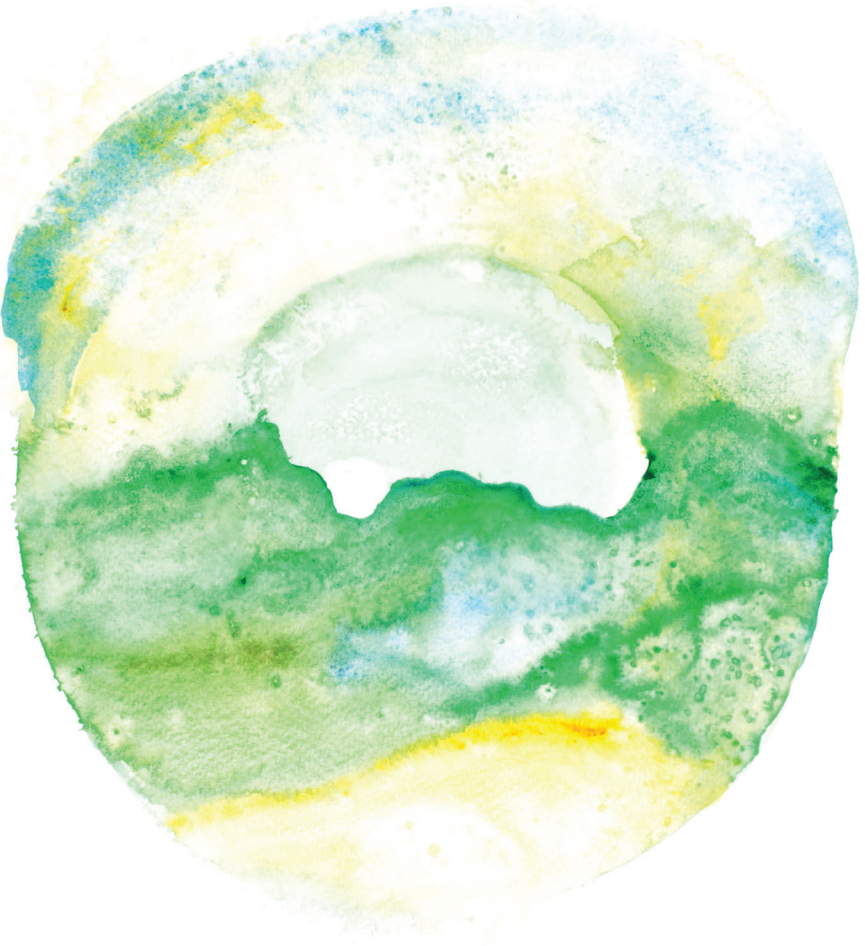
VICARIOUS TRAUMA ILLUSTRATED

And now a classic parable, used to explore the experience of Vicarious Trauma. I even Illustrated it.

Jack wants more from life, and he cashes in his biggest resource for something that may or may not work out. Once those seeds get planted, they grow beyond what is known, and it becomes a crazy, often scary adventure, with lots of pitfalls and no clear escape route. But then, through all the chaos and yelling about being consumed, our hero begins to see things that will change their life for the better—a goose that only lays golden eggs when a golden harp is played. Jack just has to figure out how to outrun a giant, while carrying a goose and a harp, while climbing down an unruly giant vine. In most versions, Jack chops down the tree so that his demons do not follow him. In my version, the tree still stands, we just have enough distance from it as to not be overwhelmed by what lives in it.

That thing you planned,
in a hopeful state,
has grown beyond
what you can control,
and is taken you places
you did not want
to go.

REBECCA BLOOM



VICARIOUS TRAUMA ILLUSTRATED



our Growth

We find our hero
wants more out of life.



They buy the seeds to
their dream.

VICARIOUS TRAUMA ILLUSTRATED



But it grows into something
they could not have imagined

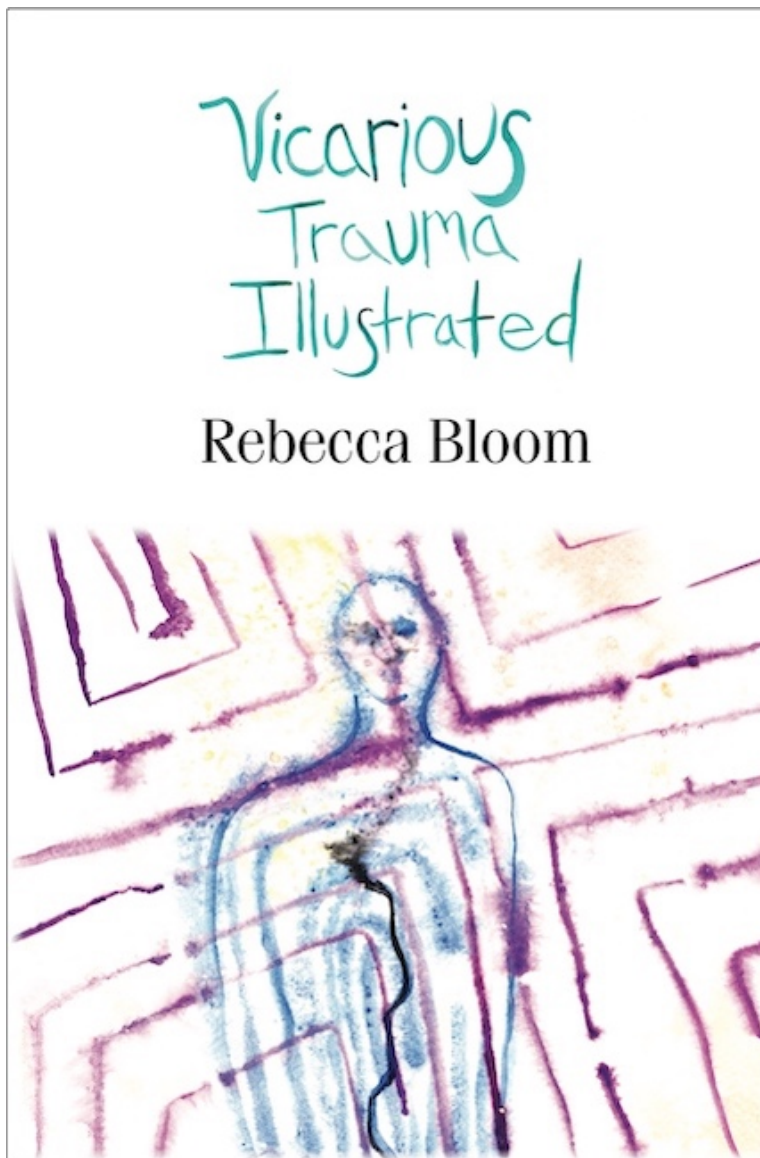


To get through it, they have to give
the journey all their time and energy

VICARIOUS TRAUMA ILLUSTRATED



They find a way to own this
new identity.



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