



## Quiz

### Vicarious Trauma in the Legal Profession

1. What is vicarious trauma?
  - a. The trauma received from experiencing a traumatic event first-hand
  - b. The trauma received from watching a traumatic event happen to a loved one
  - c. The trauma received from observing, hearing or seeing another person's trauma
  - d. The trauma received from dreaming about a traumatic event
2. Which of the following may be an effect of vicarious trauma?
  - a. Hypo-arousal
  - b. Hypa-arousal
  - c. Bi-polar disorder
  - d. All of the above
3. Which of the following is a preventative measure for lawyers from vicarious trauma?
  - a. Ensuring that lawyers remain objective and distance themselves in a professional manner from their clients
  - b. Ensuring that lawyers are adequately aware of the symptoms and have the ability to converse about it to colleagues and/or family members

- c. Ensuring that lawyers are not overly exposed to distressing evidence in courtrooms
  - d. All of the above
- 4. What is the incidence for depression and anxiety for lawyers in Australia?
  - a. 1 in 2 lawyers
  - b. 1 in 3 lawyers
  - c. 1 in 5 lawyers
  - d. 1 in 10 lawyers
- 5. Which of the following is an important takeaway for lawyers in relation to vicarious trauma and legal practice?
  - a. Practitioners need to view mental health issues and vicarious trauma as a real risk of their practice and not as a personal failing
  - b. Practitioners should ensure that they exercise to break up the chemicals in their bodies and resist the urge to isolate themselves
  - c. Practitioners should recognise that the expectation they work dispassionately and objectively, is not reflective of 'real life' and they should not be afraid to speak to colleagues about mental health
  - d. All of the above

Answers:

1. C 2. A 3. B 4. B 5. D