AN EXPLORATION OF VICARIOUS TRAUMATIZATION AMONG CLINICAL PSYCHOLOGISTS: A QUALITATIVE STUDY

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Dedicated To

This research proposal is dedicated to my beloved parents Malik Muhammad Akram Raza and Rukhsana Kousar. With passionate gratitude, I dedicated this proposal to you acknowledging that every achievement or accomplishment reflects your love and guidance. Their unconditional love, encouragement, and sacrifices served as an inspiration for my academic endeavors. And also dedicated to my siblings and my friend. Your presence in my life has brought joy, laughter, and unwavering support. Your constant belief in my skills has given me the confidence to pursue my academic ambitions with enthusiasm and passion.

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With heartfelt appreciation,

Warda Kanwal

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Warda Kanwal

ABSTRACT

The study aimed to explore the phenomenon of vicarious traumatization among clinical psychologists. A sample of (N=10) participants from age ranges (30-40) was selected through purposive sampling from Govt and Private sector of Lahore. The data was collected by face to face through semi-structured interviews for 45-60 minutes. More than one interview was conducted until the data reached saturation. A hermeneutic phenomenological research design by Van Manen was employed to explore the lived experiences of clinical psychologists. The interview was transcribed and the six steps of van Manen were followed by the researcher for analyzing the data. The analysis of the research revealed that the two major themes are compassion fatigue and compassion satisfaction. To establish the trustworthiness of the data and the analysis, a rich thick description and independent audit were used. This research aims to understand the psychological and emotional health of clinical psychologists, and break the stigma about psychologists and the psychology profession clinical psychologists can be burned out after dealing with the client and they also need help.

Keywords: Vicarious Traumatization, Compassion Fatigue, Compassion Satisfaction

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List of Abbreviations

Abbreviations	*Full Form*
VT	Vicarious Traumatization
PTSD	Post-Traumatic Stress Disorder
CSDT	Constructivist Self-Development Theory
STS	Secondary Traumatic Stress
STSD	Secondary Traumatic Stress Disorder
PMDC	Pakistan Medical and Dental Council
ADCP	Advanced Diploma in Clinical Psychology
IPA	Interpretative Phenomenological Analysis

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