

# **Download Side Effects A Nurses Journey Through Secondary Traumatic Stress**

A Journey Through Secondary Traumatic Stress by D.B. Wright Side Effects is a memoir of a nurse's journey through Secondary Traumatic Stress (STS) toward a renewed sense of physical, mental and spiritual well being. Secondary Traumatic Stress (STS) is a trauma that can occur in anyone who witnesses the suffering of others or helps another through a traumatic experience. Those at risk include health care providers, first responders, people in journalism, law, teaching, correctional services, animal health care and those caring for loved ones at home, among others. I left nursing because of secondary traumatic stress. Secondary traumatic stress can be caused by witnessing the suffering of others or providing care for those who have been traumatized. According to Charles Figley (1995), a pioneer in the field of traumatology, STS is synonymous with compassion fatigue. Download Side Effects A Nurses Journey Through Secondary Traumatic Stress A Journey Through Secondary Traumatic Stress by D.B. Wright Side Effects is a memoir of a nurse's journey through Secondary Traumatic Stress (STS) toward a renewed sense of physical, mental and spiritual well being. Secondary Traumatic Stress (STS) is a trauma that can occur in anyone who witnesses the suffering of others or helps another through a traumatic experience.