



ABC Model

How to be helpful?

- Teach helpers the ABC Model (Saakvitne & Pearlman, 1996):
 1. **Awareness:** Be attuned to your own needs, limits, emotions, and resources.
 2. **Balance:** Maintain a healthy balance among your activities- work, life, family, rest, and leisure.
 3. **Connect:** Maintain supportive relationships, and ensure opportunities to connect with co-workers, family members and friends.

Saakvitne, K. & Pearlman, L. (1996). Transforming the Pain: A Workbook on Vicarious Traumatization for Helping Professionals who Work with Traumatized Clients. New York, New York: W.W. Norton and Company