

# #47: Vicarious trauma, burnout, and living with the critic inside your head.

With Dr Justin Ward  
With Rhonda Andrews and Dr Louisa Johnson



Vicarious trauma, burnout, and living with the critic inside your head is supported by **Heska Australia**. It's time to re-imagine how you run your in-house pathology and radiography. Visit <https://www.heska.com.au/> to discover how.

Rhonda Andrews is a psychologist with almost 3 decades of experience. She's also the Principal Psychologist and Managing Director of the Barrington Centre, which provides organisational and personal psychological services to a large number of sectors both in Australia and abroad, including government, education, legal, entertainment and emergency services.

Dr Louisa Johnson is a veterinarian who has a special interest in staff welfare and new grad care and is also the founder of Safer Vets. Rhonda and Louisa have been working together to adapt The Systems of Support Program for the Veterinary Industry. System of support, or SoS - is a positive psychological health program that was designed for high-stress professions. It's an evidence-based program that helps to reduce the

negative psychological impacts associated with work that can lead to anxiety, burnout, depression... or worse.

Barrington Centre: [http://www.barrington-e2e.com/about\\_us/about\\_us.htm](http://www.barrington-e2e.com/about_us/about_us.htm)

Systems of Support: <https://www.barringtoncentre.com/systems-of-support-sos-2021/>



**SoS-Vet**  
**Systems of Support Program  
for the Veterinary Industry**

**SoS-Vet is a psychological program for Vets, Vet Nurses,  
Undergraduates and Support Staff to help reduce  
stress, reduce trauma and increase resilience**

**Program Designer:**  
**Rhonda Andrews**  
*(Principal Psychologist and Managing Director),  
Barrington Centre, in collaboration with*

**Dr. Louisa Johnson**  
*(Senior Veterinarian and Director),  
SAFERVETS.com, and*  
**Veterinary Industry Leaders**

More on vicarious trauma: <https://www.blueknot.org.au/Workers-Practitioners/For-Health-Professionals/Resources-for-Health-Professionals/Vicarious-Trauma>

More on cumulative trauma: <https://www.psychologytoday.com/au/blog/compassion-matters/201207/recognizing-complex-trauma>

