

# Vicarious Resilience:

A New Concept in Work with Those Who Survive Political Violence and Trauma

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Working with trauma survivors as a health or mental health professional is challenging and may place therapists at risk for developing compassion fatigue. However, this work also has the potential to affect therapists in a unique and positive manner. Vicarious resilience describes the positive meaning-making, growth, and transformations in a therapist's experience resulting from exposure to clients' resilience. This presentation examines vicarious resilience processes with trauma therapists who have worked with victims of political violence and educators in the U.S. and Colombia.

*Pilar Hernández-Wolfe* is associate professor and director of the Marriage, Couple, and Family Therapy Program at Lewis and Clark College. She has worked in Columbia and the U.S. with refugees, displaced populations, and political survivors of torture, and she has collaborated with local and international organizations in the areas of clinical supervision, traumatic stress, resilience, and social and cultural equity.

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