What the literature says

A study of 105 judges in criminal and family courts found that 63% reported one or more short- or long-term symptoms of vicarious trauma. The most frequently reported short-term symptoms were sleep disturbances, intolerance of others, and physical complaints. The most frequently identified long-term effects were sleep disturbances, depression, and sense of isolation.

“Results from this qualitative interview study suggest that judges are vulnerable to STS (secondary traumatic stress), as they are regularly exposed to trauma and often feel empathy for victims.”

“The major finding of our study was that attorneys working with traumatized clients experience significant symptoms of secondary trauma and burnout. Second, the attorney group demonstrated higher symptom scores in all areas of secondary trauma (intrusion, avoidance, and arousal) and burnout compared to mental health providers and social services workers.”
Source: Levin, Andrew and Greisberg, Scott (2203), *Vicarious Trauma in Attorneys*. Pace Law Review.

For additional reading:

*Stress, Trauma, and Well Being in the Legal System*
Edited by Monica K. Miller, JD, Ph.D., Brian H. Bornstein, Ph.D., M.L.S., American Psychology-Law Society Series
Oxford University Press