Vicarious trauma refers to the psychological impact experienced by human services professionals who work closely with trauma survivors, absorbing distressing emotions and experiences over time. This phenomenon can manifest as disruptions in cognitive functioning, where professionals may develop intrusive thoughts or altered worldviews similar to those of the individuals they support (Ref-f271875). Additionally, vicarious trauma can lead to emotional exhaustion, contributing to a decrease in empathetic engagement and an increase in professional burnout (Ref-f271875). Awareness of vicarious trauma is vital in practice, as it enables professionals to implement strategies that maintain their well-being while providing effective care. By recognizing the signs of vicarious trauma, professionals can seek appropriate support and employ self-care techniques, ensuring sustained resilience and the capacity to assist individuals like Mary effectively.