Table 1  
*Deductive Themes, Subthemes, and Sample Participant Quotes*

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| Deductive Theme | Subtheme | Sample Quotes |
| General appraisal of the Box | Box was aesthetically pleasing | “The quality of these materials is really impressive... Good job with that.” (P6) “Even the box [is really nice].” (P5) “We watched that video together... interactive in a lot of different ways.” (P13) |
|  | Box was relevant to work | “This is a box for me... it's like a dream come true.” (P9) “Relevant to what I do on a daily basis...” (P2) “Normally, we don't have anything that's counselor focused...” (P12) |
|  | Box included more foundational content but was helpful | “I was aware of compassion fatigue... broken down [through] the video...” (P4) “A lot of the stuff... I knew, but for me it was a reminder.” (P10) |
|  | Box was personally validating | “It gave me hope. The box gave something for me... it brings me joy.” (P9) |
| Most or least helpful items | Most helpful | (Book) “I started reading it... really insightful.” (P11) (Book) “The book is phenomenal...” (P6) (Sticky notes) “I actually gave one... rough morning.” (P4) (Video) “I thought the video explained it very well... I appreciate it.” (P9) |
|  | Least helpful | “The [perspective] cards... didn’t really resonate.” (P11) “I probably wouldn't use that [peer-to-peer cards]...” (P4) |
| Impact of using the Box | Increased self-reflection and awareness | “This box helped me acknowledge it and say it out loud.” (P10) “Using the word trauma really helped... lucky to have the box early.” (P13) “All these people are depending on me... I can’t do anything else.” (P12) |
|  | Increased self-care | “I take those sticky notes... I need to do deep breathing.” (P11) “Remind myself to really continue to do self-care... exercising.” (P10) “I have made more of an effort in terms of engaging in self-care… thanks to the box!” (P9) |
|  | Reached out to colleagues | “I used it to bring up the conversation... mental health team.” (P4) “Since I’ve had the box... reinforce [to] them that they need to be happy.” (P5) |
|  | Psychological benefits of understanding trauma | “The terminology literally put a stamp on it for me...” (P11) “Well now I have a word to describe what I was feeling.” (P12) “I wasn’t really prepared... that was one of those really helpful things.” (P13) |
| Where counselors get information | Educational program/master’s degree | “The trainings that I had [on vicarious trauma], they were in my master's degree.” (P1) |
|  | Professional organizations | Social Workers of America Conference (P9); National Alliance on Mental Illness (P1); PREPaRE (NASP) |
|  | Personal research | “I prefer Facebook... but if I really want to study something... peer-reviewed [sources].” (P10) |
| Recommendations for enhancing the Box | — | Participants suggested: more guidance on use, advanced content, resources on suicide, tailored activities, expanded USB library. |

Note. Participants are labeled with a random identifier (e.g., P1, P2) to distinguish individual responses.