



**JACKIE BURKE**

psychology & consulting

TRAINING PROGRAM

## **Effective Management of Vicarious Trauma in the Workplace**

### **Overview**

Vicarious trauma refers to the detrimental effects of work roles that involve exposure to traumatic information either through responding when traumatic events have occurred or working with people who have experienced traumatic events. It is now clear that supervisors and managers in Australian workplaces must take steps to effectively manage vicarious trauma. Effective management of vicarious trauma is both achievable and cost effective.

### **This Course Will Teach You**

This course equips supervisors and managers to accurately conceptualise, identify, and respond to vicarious trauma in their workforce or staff team. An interactive and practice-oriented approach will enable participants to immediately apply new skills in the effective management of vicarious trauma.

### **Who Should Attend**

Managers and supervisors of any trauma exposed professionals including Police, fire fighters, emergency service staff, counsellors, psychologists, social workers, psychiatrists, legal and judiciary professionals, teachers, childcare workers, policy developers, supported accommodation and refuge staff, call-center staff, first responders, ambulance personnel, and emergency and trauma medical staff),

#### **Pre-requisites**

**Understanding Vicarious Trauma**

**Duration**

**Full Day**

**Max Participants**

**25**

#### **Learning Outcomes**

- Understand the impacts of trauma exposure on staff members.
- Comprehend WHS responsibilities in relation to Vicarious trauma management.
- Effectively identify VT in the workplace and differentiate other workplace stressors.
- Build an evidence-based VT management program for staff.
- Manage complex conversations with ease.