



JACKIE BURKE

psychology & consulting

TRAINING PROGRAM

Effectively Responding to Vicarious Trauma

Overview

An essential course for all frontline trauma exposed staff. This program follows on from Introduction to Vicarious Trauma by helping participants identify exactly which symptoms of vicarious trauma they experience and then discern the right strategies for responding to those symptoms.

What This Course Will Teach You

Effectively responding to vicarious trauma enables workers to sustain wellness in a challenging trauma exposed work role. Applying the tools and frameworks included in this training can effectively reduce unplanned absence, workers compensation and staff attrition rates and produce significant cost savings.

Who Should Attend

Everyone in a frontline trauma exposed work role, supervisors, and managers of frontline staff members.

Pre-requisite:

Introduction to Vicarious Trauma

Duration

Full Day

Max Participants

25

Learning Outcomes

- Recap core concepts of vicarious trauma.
- Identify one's own symptoms of vicarious trauma.
- Discern the most effective strategies for responding to each symptom of vicarious trauma.
- Take away effective response strategies to implement at work and at home.
- Gain mastery over one's own vicarious trauma.

