



JACKIE BURKE
psychology & consulting

TRAINING PROGRAM

Effectively Offsetting the Symptoms of Vicarious Trauma

Overview

Self-care planning for supervisory staff helping participants to work with their staff 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

This course is for supervisory staff members who will be responsible for responding to vicarious trauma symptoms in staff members. The course equips participants with the skills to analyse what symptoms are present, and match self-care strategies to these symptoms in alignment with the individual staff member's needs.

Who Should Attend

Supervisory staff responsible for managing vicarious trauma. Clinicians who assist people who work with traumatised populations or in trauma contexts.

Pre-requisite:

Introduction to Vicarious Trauma

Duration

Full Day

Max Participants

25

Learning Outcomes

- Apply a conceptual theory of vicarious trauma to understand presenting issues or staff problems.
- Develop effective evidence-based self-care plans for trauma exposed staff members.
- Implement measurable outcomes to ensure the effectiveness of self-care plans can be assessed.