



JACKIE BURKE
psychology & consulting

TRAINING PROGRAM

Introduction to Vicarious Trauma

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. Effective management of vicarious trauma is both achievable and cost effective.

What This Course Will Teach You

This course is a great starting place to learn about vicarious trauma, understand the risks associated with this WHS hazard and take away effective and easy to apply strategies to begin effectively managing vicarious trauma.

Who Should Attend

Everyone who is exposed to traumatic information as a product of the work they do (including police, fire fighters, emergency service staff, counsellors, psychologists, social workers, psychiatrists, legal and judiciary professionals, policy developers, supported accommodation and refuge staff, childcare workers, call-center staff, first responders, ambulance personnel, emergency and trauma medical staff), people providing supervision or management to staff members who occupy a trauma exposed role.

Duration

Full Day

Max Participants

25

Learning Outcomes

- Understand what is and is not vicarious trauma.
- Differentiate vicarious trauma from other types of stress.
- Recognise the symptoms of vicarious trauma.
- Learn how to effectively manage vicarious trauma.

