



JACKIE BURKE
psychology & consulting

TRAINING PROGRAM

Self-Regulation Skills for Helping Professionals

Overview

Challenges from work and daily life commonly impair healthiest functioning, yet emergency and helping work requires the ability to maintain a state of calm, centered responsiveness. Training for helping professionals rarely includes learning how to identify and respond to indicators of disquiet within the self and research shows that emergency and helping professionals experience far greater rates of PTSD and PTSD type symptoms than the general population.

What This Program Will Teach You

This workshop addresses the dual challenges of maintaining personal wellness and the ability to maintain a state of calm, centered responsiveness for helping professionals. Participants will learn about the latest research on managing stress, preventing burnout, and identifying and responding to vicarious trauma. They will take away a toolkit of effective strategies to offset the demands of their work, restore a balanced regulated state within the self, and foster sustainable long-term careers in the helping professions.

Who Should Attend

Everyone who occupies an emergency or helping role (including call-center staff, counsellors, case workers, police, fire, ambulance, and emergency service workers, crisis intervention workers, court, legal and judiciary professionals, supported accommodation staff, refuge workers, and aid workers).

Duration

Half Day

Max Participants

25

Learning Outcomes

- An understanding of the latest research about stress, burnout, and vicarious trauma.
- Skills to increase energy, motivation, and presence.
- Skills to calm down and center the self.
- Skills to regulate emotions.
- Skills to foster optimum performance in the nervous system.

