

Preventing and dealing with vicarious trauma

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet”. – Remen, 2006

This two-hour workshop has been developed for employees whose roles involve exposure to traumatic material, such as (but not limited to) professionals working in the areas of justice, health, rescue, contact centres and other front-line employees. Vicarious trauma describes the cumulative negative effects that regular exposure to traumatic material can have on a person. It can impact a person's day-to-day functioning, world views and belief systems. Research highlights the importance of awareness of vicarious trauma so that organisations and individuals can be proactive in preventing and minimising its impact.

This workshop aims to increase participants' knowledge of vicarious trauma and associated terms such as secondary traumatic stress, burnout, and compassion fatigue. Participants can expect peer and wider group discussions. They will leave the workshop with practical strategies to address the impact exposure to trauma material has on their wellbeing as well as their work.

WORKSHOP OBJECTIVES:

1. Recognise what vicarious trauma is
2. Understand how trauma can impact the brain
3. Identify how to spot signs of concern
4. Provide a framework (ABC) for how to look after ourselves
 - Awareness
 - Balance
 - Connection
5. Create an action plan to help employees and your organisation follow up on this session

Two hour workshop – Investment \$2,500 (+GST)

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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