

VICARIOUS TRAUMA AND VICARIOUS RESILIENCE

Duration: 3.5 hr (introduction) or
1 day workshop (practice and application)

LEARNING OUTCOMES:

- Understand vicarious trauma, its signs and causes
- Differentiate vicarious trauma from PTSD and burnout
- Recognise the early symptoms of vicarious trauma experienced by self and others
- Develop practical tools and strategies to build resilience, adapt to trauma work, and to mitigate the risks of vicarious trauma
- Understand the role of individual, interpersonal and organisational strategies in building vicarious resilience.

ABOUT THIS TRAINING

THIS training helps practitioners to recognise and understand the impacts of working with people who have experience trauma, or who are faced with traumatic materials in the course of their work. Participants will also learn about the factors that enable vicarious resilience, including the individual, interpersonal and organisational strategies that help to recover and sustain a career in human services.