



## Sydney

Friday 10 November 2017

Portside Conference Centre

Early Bird Regular - \$264

Regular - \$310

Early Bird Group (3+) - \$251

Group (3+) - \$295

Early Bird Professional - \$237

Professional Member - \$279

Early Bird Student - \$211

Student - \$248

\*early bird pricing ends 8 weeks from date of training

**Register online at [blueknot.org.au](http://blueknot.org.au)  
or call **02 8920 3611** for information**

## Safeguarding Yourself – Recognising and Responding to Vicarious Trauma

By participating in this professional development training, attendees will:

- Demonstrate knowledge of trauma, its impacts, stress response, survivor coping strategies and possibilities for recovery
- Define and delineate Vicarious Trauma (VT), its development, risk and protective factors, barriers to identifying it and distinguish VT from Burnout and Compassion Fatigue
- Evaluate the concepts of post traumatic growth and vicarious resilience
- Analyse the role of organisations, quality supervision and self-care in VT risk and protection
- Conduct a wellness assessment and take home tools to create a personal wellness plan

### **Who should attend?**

Anyone in the workplace from diverse services and sectors including but not limited to health, community, legal, justice, mental health, AOD, domestic and family violence, child protection, emergency, disability, housing, settlement, and/or employment services.

**Role examples:** community workers, peer support workers, mental health workers, supported accommodation workers.

***Do you work with people who have experienced trauma?***

***Do you worry about burn out, compassion fatigue and vicarious trauma?***

***Would you like practical strategies on ways to promote vicarious resilience?***

This one-day interactive professional development training explores the nature of vicarious trauma (VT), contrasts it with burnout and compassion fatigue, and supports you to stay healthy and safe in your work with people impacted by diverse traumas.

It provides information about trauma, traumatic stress and 'adaptive' coping strategies people adopt to introduce the concept of VT. Just as post-traumatic stress disorder can be perceived as a 'normal' reaction to an abnormal traumatic event/s, so vicarious trauma (VT) is seen as a normal reaction to repeated exposure to traumatic stories and material. In fact, VT is an 'occupational hazard' for people working in the health and human service sectors where the prevalence of unresolved trauma/s is high.

By attending this training you'll be equipped with the knowledge, skills, tools and insights to better recognise the early signs of vicarious trauma and understand its dimensions, dynamics and risks. You will also explore the range of organisational, interpersonal and personal protective factors you can employ to minimise the risks of VT and embrace possibilities for post-traumatic growth and vicarious resilience.