



One
Day

Managing Vicarious Trauma

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

This training, informed by current research, will provide you with the knowledge, skills, and tools to better recognise the early signs of VT and intervene accordingly. It equips you with a range of organisational, interpersonal and personal strategies to address the risks of VT and its impacts, and foster possibilities for post-traumatic growth and vicarious resilience.

It is appropriate for all workers who work with trauma clients and/or are exposed to traumatic material such as other people's trauma stories, reports with trauma content, reading material, legal reports, compensation claims, visual trauma material and media content.

You will also be supported to develop your own wellness assessment and plan to enhance your wellbeing.

By participating in this professional development training, participants will:

Demonstrate knowledge of trauma, its impacts, stress response, survivor coping strategies and possibilities for recovery

Define Vicarious Trauma, its development, risk and protective factors, resilience, barriers to identifying it, and distinguish VT from other stress experiences

Analyse the role of organisations, trauma-informed supervision and self-care in managing vicarious trauma risk

Conduct a wellness assessment and take home tools to create a personal wellness plan

Who should attend?

Anyone in the workplace exposed to trauma stories or other trauma material. This includes participants from diverse sectors including, but not limited to, health, mental health, Alcohol and Other Drugs services, legal, justice, domestic and family violence, child protection, and emergency, disability, housing, settlement, and employment services.