



Vicarious Trauma and Self-Care for Professionals

Training Objectives:

- Understand Vicarious trauma
- Develop the ability to recognize vicarious trauma, burn out, and compassion fatigue in ourselves and our coworkers or staff
- Identify effective and personalized measures to combat vicarious trauma, burn out, and compassion fatigue
- Address how supervisors and agency policy can support direct-care workers in preventing and recovering from vicarious trauma, burn out, and compassion fatigue

Target Audience:

- Direct care professionals such as therapists, case managers, advocates, first responders, nurses, etc...
- Supervisors and leadership for agencies that provide mental health services, emergency services, medical services, or trauma/crisis-related services.

Duration:

1-1.5 hours. This training is customizable to meet the specific needs of the audience.

Location:

This training is available by request at your facility.