

# Vicarious Trauma

## What is Vicarious trauma?

Vicarious trauma can be described as the secondary trauma we experience from being exposed to actual or threatened trauma.

Front line staff such as education, welfare and health workers can be exposed to this on a daily basis. We will reflect on the impact and the environment contributing to this.

Recognising vicarious trauma in ourselves or others will be discussed as well as identify triggers and warning signs. Creating strategies and coping mechanisms are key features of this workshop.

Cost: \$30 per person.

Group booking discount applies.

To register for this workshop or for enquiries, please contact me.

A group booking discount applies.

This training can be delivered to your workplace.

## Program outline:

This interactive 1.5 hour workshop looks at vicarious trauma, signs and symptoms, how it affects us personally and professionally and ways in which we can tackle its damaging effects.

### Topics include:

- Differences between Vicarious Trauma, Compassion fatigue and burn out
- Risk factors
- Self care strategies
- Coping strategies
- Physiological effects on the brain
- Empathy neurons
- Self care in the workplace
- Reflective practice



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