



**One  
Day**

## **Managing Wellbeing and Recognising Vicarious Trauma**

This training program explores the nature, dynamics and risks of vicarious trauma and supports you to stay healthy and safe in your work.

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

### **By participating in this professional development training, participants will:**

Define Vicarious Trauma and distinguish from other stress outcomes, identify risk factors

Understand vicarious resilience, empathy and compassion

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

### **Who should attend?**

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