

Vicarious Trauma

This workshop provides participants with an understanding of vicarious trauma and introduces practical, preventative strategies to mitigate this risk.

It is highly relevant for employees who are exposed to traumatic content and/or work with people who have experienced trauma.

Format: Face-to-face, 3.5 hrs or full day.

Audience: All employees.

Learning Outcomes

- Define and understand the nature of vicarious trauma
- Identify potential triggers for vicarious trauma within the context of your work environment
- Recognise the impact and early warning signs of vicarious trauma
- Learn self-care strategies for managing vicarious trauma
- Explore avenues for additional support