



Vicarious Trauma and Self- Care

Face-to-face; 2 hours

This presentation examines the possible impacts on professionals who are working in demanding positions, often dealing with clients who have experienced hardship and trauma, or content that is confronting. Participants will be encouraged to examine the ways in which their work demands are impacting them, and to identify strategies for promoting self-care, in both professional and private settings

Topic areas

- Secondary trauma and its impacts
- Differences between vicarious trauma, compassion fatigue and burnout
- Risk factors for workers
- Warning signs and behaviour changes
- Personal and organisational symptoms of vicarious trauma
- Strategies for personal and professional self-care
- Developing a Self-care Plan.

Details

- 2 hours; delivered at your workplace
- Mondays, Tuesdays or Wednesdays
- Minimum of 12 participants, maximum 40
- Facilitated by an experienced SARC trainer.

Please note that content may be triggering for some people who have been impacted by trauma

Enquiries and bookings

Contact SARC's Education team to request a presentation for your team: SARCTraining@health.wa.gov.au

The Sexual Assault Resource Centre (SARC)

- **24-hour crisis** medical, forensic and counselling support following a sexual assault
- **Counselling** for recent and past sexual assault and sexual abuse
- State-wide **education and training**



24-hour crisis line for recent sexual assault

Telephone (08) 6458 1828 or 1800 199 888 (free from landlines only)

Crisis telephone support

8.30am - 11.00pm daily

Telephone (08) 6458 1828