

Whether we show it or not...
... the idea that we can daily hear and see
other people's suffering and trauma
without being affected by this,
is as impossible as immersing ourselves in
water and not getting wet.

Vicarious Traumatisation (VT) and Pro-active Self-Care Workshop

For anyone whose role involves supporting children, young people or adults carrying or sharing their emotional or physical trauma and distress.

Date: Saturday 25 April 2020
Venue: **ONLINE Zoom training**
Cost: £75 (self/organisation-funded)
Time: 9.15-4.30pm
Trainer: Lisa Nel

Biography: Lisa is a BACP Accredited therapist with 32 years' experience as a teacher, therapist, trainer and supervisor. Based upon the success of the 9-weekend *L5 Certificate in Working Therapeutically with Under-18s* training – attended by a range of helping professionals supporting under-18s in Jersey last year, she has been invited back!



www.imokyoureok.co.uk

To register: Email lisa@imokyoureok.co.uk or call 07810 441 896

Designed for:

- Counsellors, Teachers, ELSAs, Social Workers, Nurses, Speech Therapists, Paramedics, Lawyers and more... This workshop is for ANYONE whose role involves supporting or hearing other's trauma. Deepening understanding of the causes and signs of VT, helps to build greater resilience to protect ourselves and our colleagues from its destructive impact

Objectives:

A stand-alone one-day workshop offering participants the opportunity to:

- Understand what VT is and be able to recognise it in yourself and others
- Learn about strategies for monitoring and mitigating the risks of VT at work
- Identify obstacles to self-care
- Plan effective personal, self-care strategies

Programme summary:

- 1) What VT is, how and why we might experience it and how it differs from burnout
- 2) Identifying, monitoring and protecting ourselves and others against VT in the workplace
Lunch (please bring a packed lunch. Breaktime refreshments provided)
- 3) World-wide research on effective self-care for people who support others' trauma
- 4) Obstacles to self-care: we know it's important, so what stops us from doing it?
- 5) Commitment to self-care: planning next steps