



Presentation: Vicarious Trauma and Self-Care

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.

Topics

- The possible impacts on workers from working with clients who are trauma survivors and/or experiencing hardship and struggle
- Differences between vicarious trauma, compassion fatigue and burnout
- Risk factors for workers
- Warning signs and behaviour changes
- Personal and organisational symptoms of vicarious trauma
- An examination of current lifestyle
- Strategies for personal and professional self-care

Details

- Delivered face-to-face at your workplace; 2 hours
- OR
- Delivered online (Microsoft Teams); 1.5 hours (or 2 x 45 minute sessions online if required due to work scheduling)
- Tuesday or Wednesday
- Minimum 10; maximum 35 participants required for face-to-face sessions
- Facilitated by an experienced SARC trainer
- Free of charge for government and not for profit services

To reserve a presentation for your team, email SARCTraining@health.wa.gov.au

SARC Education and Training

Email training enquiries and requests to: SARCTraining@health.wa.gov.au

Further information and resources: SARC website



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 land line only)

Crisis telephone support

8.30am - 11.00pm daily
Telephone (08) 6458 1828