

Vicarious trauma

3/6 hour session

Vicarious trauma is the experience of trauma through indirect exposure to another person's trauma. It can affect anyone who empathetically engages with survivors of major trauma whether at work, at home, or through news exposure.

Several factors can make individuals more vulnerable to vicarious trauma, including past traumatic experiences, ongoing exposure to trauma, and limited opportunities for sharing and debriefing.

Those impacted may notice emotional and mental health challenges, such as anxiety, stress, anger, and sadness, and may begin to doubt their own safety. Pessimism, cynicism about the future, and a loss of meaning in their work can also emerge.

This training will further your workplaces knowledge, confidence and ability in supporting front line staff.

Aims and objectives:

- Introduce what vicarious trauma is.
- Understand the impact of vicarious trauma.
- Understand and explore the differences between vicarious trauma, burnout, and compassion fatigue.
- Explore our own responses so that we might spot and avoid vicarious trauma, burnout, and compassion fatigue.
- Deepen our knowledge and strengthen our ability to selfcare.

Full day or half day options, for up to 40 participants. Contact us:



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PARCS - Portsmouth Abuse & Rape Counselling Service - is a free specialist counselling and psychotherapy service for people who have experienced sexual and/or domestic abuse.

www.family-action.org.uk/parcs