

Vicarious Trauma

COURSE TIME: 9.30 a.m. - 4.30 p.m.

COURSE DURATION 1 day

COURSE PRESENTER: Norma Howes

A training course for senior staff and managers, who have responsibility for the effective supervision of safeguarding practice.

The key concept is that when working with people who have experienced trauma a channel opens which enables the client to experience the worker's empathic attunement in a balanced, healing way. When this balance is not managed by the worker the worker is at risk of vicarious trauma.

Also many studies have been done on the number of workers in caring professions who have their own childhood experiences of trauma or victimisation. Their own need for recovery prompting engagement in therapy and/or working in nursing, social work, police, fire services, foster carers etc. The positive aspects of their own recovery through their own experience of therapy and or experiencing positive relationships leads them to offering their own recovery experiences as a base for understanding their client's needs and feelings to enable both to recover from their experiences. The negative aspects however can lead to vicarious trauma and or burnout. It is crucial staff and managers are able to differentiate between vicarious trauma and burnout, how this can at best be avoided or at least managed and minimised.

This training will explore:

- The meaning of Vicarious Trauma (VT)
- How to tell the difference between burnout and Vicarious Trauma (VT)
- The Jigsaw model
- Transference and Countertransference issues
- What we do about the above