

Vicarious Trauma - Recognition and Strategies for Resilience

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Learning Objectives

- Differentiate among vicarious trauma, secondary stress, compassion fatigue/burnout, and traumatic countertransference
- Identify self-assessment measures that providers may use to identify vicarious trauma, secondary stress, compassion fatigue, and traumatic countertransference
- Define protective practices to address vicarious trauma and develop a preventative care professional practice plan for implementing protective practices
- Define different categories in which symptoms of vicarious trauma may present and at least two symptoms for each category
- Identify five core organizational strategies necessary to develop a vicarious trauma-informed agency that supports protective practices, prevention, and fosters resilience and satisfaction

Time

Activity

9:00 am – 9:05 am Enter Zoom waiting room; video and mic check*

9:05 am – 9:10 am Welcome and Introductions

9:10 am – 10:20 am Introduction

Differential Definitions & Nomenclature

10:20 am – 10:30 am Break

10:30 am – 12:00 pm Assessment and Measurement Tools

Presentation, Symptoms, and Negative Impact

12:00 pm – 12:30 pm Lunch

12:30 pm – 1:50 pm Beyond the Cliff

Vicarious Trauma Toolkit

Vicarious Trauma-Informed Strategies and Practices: Prevention,

Protective Factors, Resilience

1:50 pm – 2:00 pm Summary, Reflections, and Evaluations

*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of class.



Creating experiences that transform the heart,
mind and practice