Vicarious Trauma - Recognition and Strategies for Resilience

Course Description

We are a traumatized field, working with traumatized people who discuss grief, loss and trauma. You, as a provider, listen to detailed and painful stories about the unfair, undeserved, and often unimaginable traumatic experiences that many have endured. As a result, we are at risk for vicarious trauma, also known as secondary traumatization, secondary stress disorder, or insidious trauma.

In this virtual training, participants will review tools to self-assess for vicarious trauma and related symptoms, define protective practices, and identify strategies to help work towards self-resilience.

Click here to see the training outline.

Learning Objectives

Upon completion of this training participants will be able to:

- 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

Audience

All BHS therapists, counselors, family & support partners, case managers, and other direct service providers working with Children, Youth and Family.

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 4.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-38-98-0822, and CAADE Provider # CP40 906 CH 0323 for 4.5 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.