

Managing Wellbeing and Recognising Vicarious Trauma

This course is for Cerebral Palsy Alliance employees

Who is this course for?

This training is aimed at staff in leadership roles, particularly in disability support, therapy and quality/practice management services.

What content does the course cover?

This training is delivered by Blue Knot Foundation and is informed by current research, providing you with the knowledge, skills and tools to better recognise the early signs of various stress outcomes. It offers a range of strategies to address the risks of Vicarious Trauma and its impacts, and foster possibilities for post-traumatic growth and vicarious resilience.

Participants will be supported to:

- Define Vicarious Trauma and distinguish VT from other stress outcomes, identify risk factors
- Understand the application of vicarious resilience, empathy and compassion
- Analyse the role of organisations, trauma-informed supervision and self-care in managing vicarious trauma

What other details do I need to know?

Attendance type: face to face

Duration: full day

Times: Please select a course date below or if there are no dates, please click Enquire

Refreshments: Please bring your own lunch (as required)

If you need to cancel: Cancellation guidelines

Where can I get more information?

Contact: The Training Alliance team

Email: training@cerebralpalsy.org.au

Phone: +61 2 9975 8715

Please enquire regarding available dates.