

Understanding and Managing Vicarious Trauma



WHEN

Wednesday, 26th September 2018
9am to 4.30pm

**7.5 CPD
hours**

WHERE

AASW NSW Office
Suite 501, Level 5, 24 Hunter Street, Parramatta
[AASW NSW Office - Parramatta Map](#)

COST

AASW Members:	\$185	\$165
AASW Student Members:	\$150	\$125
Non-members:	\$250	\$200

Early Bird (7/9)

Spaces are limited so please register [here](#) by Monday, 24th September 2018.

This one-day interactive professional development training is designed for any social worker wishing to understand the latest research and approaches to 'Vicarious Trauma and 'Vicarious Resilience'.

This session explores emerging understandings from neurobiological research around the impacts of exposure to trauma, as well as considering the strategies that can be employed at an individual, team and service level.

Participants will have the opportunity to actively engage in reflection and self-assessment by trying out evidence-based tools to assess vicarious trauma and professional self-care. This may include ProQOL, Compassion Fatigue Inventory, and the Ego Resiliency and Self Compassion Scales.

Learning Outcomes Include:

- Explore some of the current thinking and emerging research around the effects on social workers of engaging with clients where there is trauma and vulnerability
- Understand the impacts of individual and workplace stressors and the importance of maintaining hope and building in self-care strategies.
- Provide opportunities for reflection and action in relation to social workers not only surviving but thriving in their roles

Presenter:

Carolyn Cousins has worked in the fields of child protection, domestic violence and mental health for almost 20 years, holding frontline, specialty and management posts in both Australia and the UK. She has a Master in Social Work and Adult Education. Now based on the Central Coast she currently provides supervision and training to a range of workers in these fields across NSW. Carolyn runs specialist training in Child Protection, and NSW Health through the Education Centre Against Violence and the Health Education Training Institute.

A practical and accessible educator, she is passionate about equipping social workers to provide high quality services, while using the most up to date research and approaches.



A light lunch, morning and afternoon tea will be provided. Please inform AASW NSW of any dietary requirements at the time of registration