Rape & Domestic Violence Services Australia's Vicarious Trauma - Managing the Inevitable Workshops are designed to assist frontline, supervisory and managerial staff to identify and respond effectively to vicarious trauma in the workplace.

All staff who are exposed to trauma as part of their work, are at risk of experiencing vicarious trauma.

Learning Outcomes
Completing Vicarious Trauma Workshop 1 will enable participants to:
- Understand the construct Vicarious Trauma;
- Differentiate Vicarious Trauma from Burnout;
- Understand what predicts Vicarious Trauma;
- Recognise the symptoms of Vicarious Trauma;
- Overview of effective strategies to manage Vicarious Trauma.

Completing Vicarious Trauma Workshop 2 will enable participants to:
- Identify previous experiences of Vicarious Trauma in self and others;
- Identify type of Vicarious Trauma most likely to be experienced by each individual participant;
- Introduce a multi-pronged approach to the management of Vicarious Trauma;
- Identify key individual Vicarious Trauma management strategies;
- Identify key organisational Vicarious Trauma management strategies;
- Understand how individuals can increase their vulnerability to Vicarious Trauma.

Course Details
Course Duration: Half day (4 hours) per course
Materials Provided: 4 page handout, Presentation Slides
Maximum participants: 25 (workshop 1), 20 (workshop 2), 15 (workshop 3)
Rape & Domestic Violence Services Australia provides 24/7 crisis and trauma counselling to those affected by sexual assault and family and domestic violence in NSW and around Australia. Rape & Domestic Violence Services Australia delivers high quality, engaging training programs designed to assist people to respond compassionately to those who report experiencing sexual assault, domestic and/or family violence. The Service also provides specialised training for therapists and healthcare workers in: Complex Trauma, Crisis Intervention, Vicarious Trauma Management, and was the recipient of the ‘Best Solution to an Indentified Health and Safety Issue’ award from WorkSafe in 2007 for its Vicarious Trauma Management Program.

Workshop 3—Supervising the Management of VT

Completing the Supervising the Management of Vicarious Trauma Workshop will enable participants to:

- Understand how Vicarious Trauma is different from and similar to stress;
- Identify Vicarious Trauma symptoms in staff;
- Conduct Vicarious Trauma assessments;
- Develop effective management strategies for different types of Vicarious Trauma;
- Offer effective debriefing to staff;
- Develop and monitor effective self-care plans for a range of employees.

Complementary Services

Measuring Vicarious Trauma

Psychometric evaluation of current levels of VT being experienced by staff can be conducted to provide data regarding type and severity of vicarious trauma and/or evaluate the efficacy of programs implemented to reduce VT levels.

Consultation

Consultations can be provided to assist organisations with effective action planning and policy development regarding the management of vicarious trauma.

About the Trainers

Training and consultation in vicarious trauma management is provided by Jackie Burke and her team of qualified trainers. Jackie is the Clinical Director of the Rape & Domestic Violence Services Australia, and leads a multidisciplinary team of clinicians providing counselling to people who are affected by sexual assault, family and/or domestic violence. Jackie is a Registered Psychologist and has been delivering specialised sexual assault training for over 13 years.

All trainers consistently receive excellent feedback from training participants for delivering content in an engaging and professional way.

Rape & Domestic Violence Services Australia

Rape & Domestic Violence Services Australia provides 24/7 crisis and trauma counselling to those affected by sexual assault and family and domestic violence in NSW and around Australia. Rape & Domestic Violence Services Australia delivers high quality, engaging training programs designed to assist people to respond compassionately to those who report experiencing sexual assault, domestic and/or family violence.

Booking Training

This course is offered to individuals and to organisations who work with clients in crisis. Training is offered throughout the year at Rape & Domestic Violence Services Australia’s training premises for up to 20 participants. Training may be also be delivered to groups of staff at the organisation’s premises.

For further details and to register, please contact Rape & Domestic Violence Services Australia:

Phone: 02 9818 7216
Email: rsvp@nswrapecrisis.com.au
Fax: 02 9555 5911