

Vicarious Trauma and Self Care

Overview:

This course will provide an overview of Burnout, Compassion Fatigue, Vicarious Trauma, and Resiliency. The importance of self-care will be highlighted and participants will explore creative modalities for developing an individual self-care program.

Learning objectives:

- 1) Articulate the importance of self-care
- 2) Describe and understand Vicarious Trauma, Compassion Fatigue, and Resiliency
- 3) Articulate why boundaries with clients are important
- 4) Increase self-awareness
- 5) Develop creative modalities for an individual self-care program