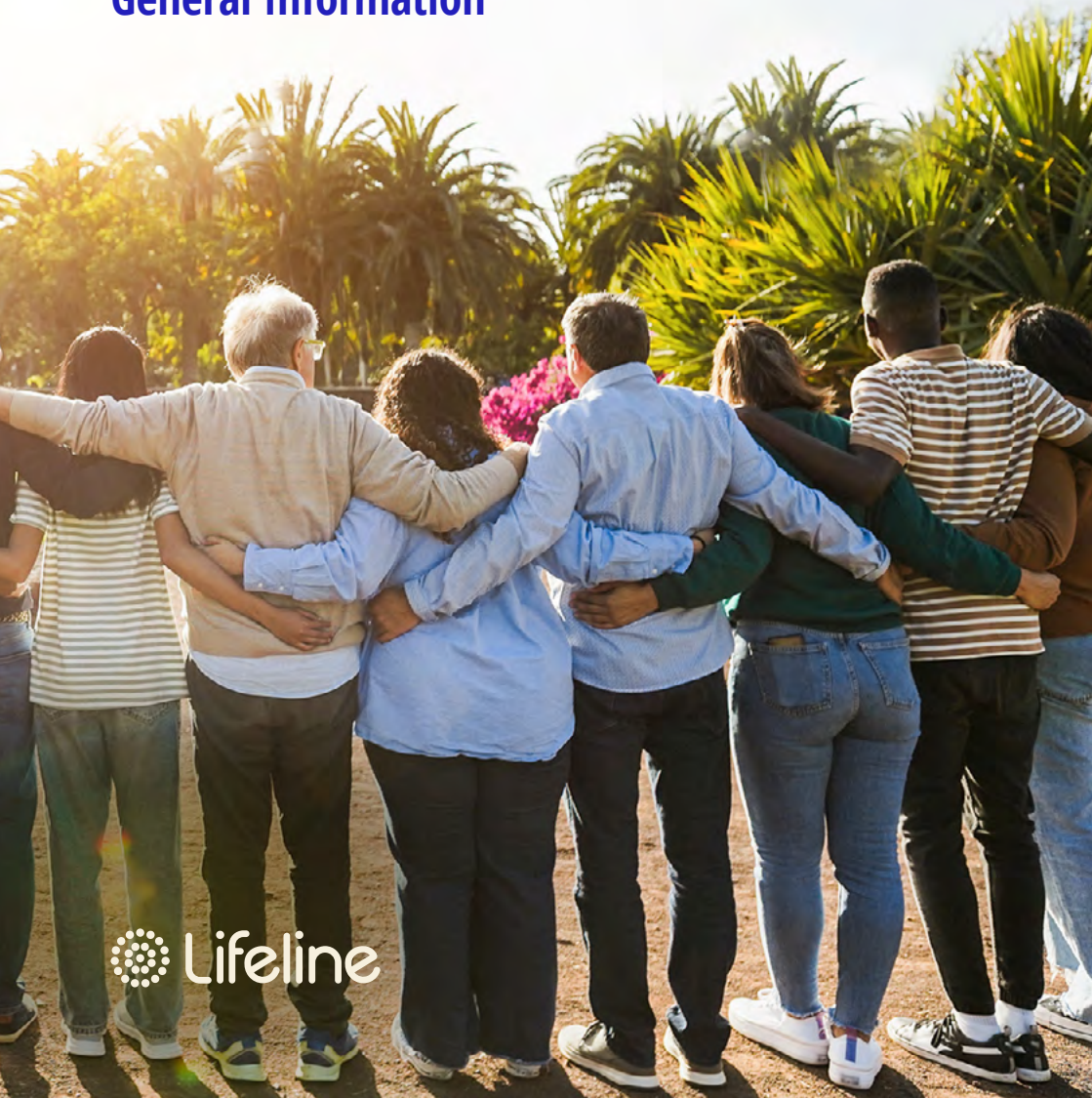


# Vicarious Trauma Training

General Information



Vicarious trauma refers to a negative transformation in a worker resulting from providing care and empathetic support to people who have experienced trauma on a regular basis, often daily.

Understanding, managing, and preventing vicarious trauma can help workers maintain their mental health and wellbeing and reduce the risk of other conditions such as compassion fatigue, secondary traumatic stress and burnout.

Lifeline's Workplace and Community's Vicarious Trauma is designed to help individuals manage the risk of developing vicarious trauma by using tools to encourage self-regulation and promote resilience.

After the training, participants will be able to:

- Define vicarious trauma and distinguish it from compassion fatigue and burnout
- Recognise the signs and symptoms of vicarious trauma
- Describe impacts and effects of vicarious trauma
- Develop strategies for self-care and resilience to manage the risk of developing vicarious trauma.



**“Re-recommending to others. I would recommend the course to new starters and have a comprehensive debrief around the organisations policies and procedures and how they impact on the content.”**

Our programs are developed by trainers and subject-matter experts, with continuous improvement strategies in line with the needs of communities.

## COURSE DELIVERY

Lifeline's Workplace and Community Training Vicarious Trauma course consists of:

- 2-hour instructor-led session delivered face-to-face or virtually, providing an interactive and thought-provoking learning experience.



**Lifeline Australia delivers education and training programs focusing on building resilience, suicide awareness and prevention.**

**For more information:**

 [lifeline.org.au](https://lifeline.org.au)

 [workplacetraining@lifeline.org.au](mailto:workplacetraining@lifeline.org.au)

