



Safeguarding yourself

Recognising and responding to vicarious trauma

Workshops facilitated by Blue Knot Foundation

One-day workshop running at three locations

Parramatta: Mantra Hotel Parramatta, 30 April 2018

Sydney: Rydges Sydney Central, 3 May 2018

Wollongong: Sage Hotel Wollongong, 4 May 2018

All workshops run from 9am to 4.30pm (registration opens at 8.45am)

Do you worry about burn out, compassion fatigue and vicarious trauma?

This one-day interactive professional development training explores the nature, dynamics and risks of vicarious trauma (VT), contrasts it with burnout and compassion fatigue, and supports you to stay healthy and safe in your work with people impacted by diverse trauma.

This training, informed by current research, provides participants with the knowledge, skills, and tools to better recognise the early signs of VT and intervene accordingly.

It equips you with a range of organisational, interpersonal and personal strategies to minimise the risks of VT and its impacts and foster possibilities for post-traumatic growth and vicarious resilience.

You will also be supported to develop your own wellness assessment and plan to enhance professional resilience.

By participating in this professional development training opportunity, attendees will:

- Demonstrate knowledge of trauma and its impacts, stress response, survivor coping strategies and possibilities for recovery
- Define and delineate VT, its development, risk and protective factors, barriers to identifying it and distinguish VT from burnout and compassion fatigue
- Evaluate the concepts of post traumatic growth and vicarious resilience
- Analyse the role of organisations, quality supervision and self-care in VT risk and protection
- Conduct a wellness assessment and take home tools to create a personal wellness plan

Who should attend?

These three workshops are **free**, and only available to NADA members. Anyone working in an AOD related role is welcome to attend.

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To register, please register [online](#) or complete this form and send to tata@nada.org.au.

Please select your preferred workshop, or register online for the preferred date and location.

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Travel and Accommodation Support

NADA offers [travel and accommodation subsidies](#) as reimbursement grants to all eligible NADA members in regional/rural areas. To register your interest in a subsidy to attend this event contact tata@nada.org.au.

Registration Form

NB: there is no guarantee that every dietary requirement can be accommodated

My manager has approved me attending this workshop