



## Managing Vicarious Trauma

**Duration: Half Day/Full Day**

**Cost: £700/£1250**

**Delivery: In Person or Online**

Vicarious trauma describes the effects on professionals of working with the trauma experienced by our clients. This training is useful for anyone working to support others, especially around difficult subjects such as abuse, violence and oppression.

### Course Aims:

- Understand what is meant by trauma and vicarious trauma
- Recognise common trauma exposure responses in ourselves and others
- Understand trauma stewardship – ie, how to ‘be with’ trauma exposure responses; how to reduce unwanted effects; learning useful practices, attitudes & thoughts.

### Course Outcomes:

#### Learners will:

- Recognise and understand the causes of trauma and vicarious trauma on a personal level, an organisational level and a societal level
- Learn about useful, achievable practices and attitudes that reduce the unhelpful effects of vicarious trauma

## Details

In- person	Online
£700/£1250	£700/£1250
Maximum 18 Attendees	Maximum 25 Attendees
<b>Half Day</b> 3.5 hours including comfort break  <b>Full Day</b> 30 minute lunch break plus 2 comfort breaks	<b>Half Day</b> 3.5 hours including comfort break  <b>Full Day</b> 30 minute lunch break plus 2 comfort breaks

\*Prices exclude VAT

## Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at [Learn@storicymru.org.uk](mailto:Learn@storicymru.org.uk) or use the enquiry form on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.

### Bespoke Training Tailored to You

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.