

Understanding Vicarious Trauma, 90-minute virtual workshop facilitated by Mark Eyre, In Equilibrium Consultant

Workshop Programme

The 90-minute virtual session will include:

- How to recognise Vicarious Trauma in yourself and others
- The signs and symptoms of Vicarious Trauma
- Strategies to cope with Vicarious Trauma
- Initial plan to improve personal coping resources.

Exercise 1: My mental health wellbeing

Healthy

Reacting

Injured

Ill



Which category would you say you are currently in?

What makes you say this?

Exercise 2: Self-care

What steps do you take to make sure you look after yourself?

How could you help others?

What other steps could you take?

Exercise 3: Learning and actions

What are your main learning points from today's workshop?

What are you going to do because of today's workshop?

Resources

The Presentation

You will receive a pdf copy of the slide presentation – this will be shared by the course organiser.

Useful links

Compassion fatigue: what is it, and do you have it? – Juliette Watt – TED talk. Available at: <https://www.youtube.com/watch?v=v-4m35Gixno>

Drowning in empathy: the cost of vicarious trauma – Amy Cunningham – TED talk. Available at: <https://www.youtube.com/watch?v=Zsaorjlo1Yc>

4 ways becoming a 'super helper' could be harming you – Jess Baker (2023). Available at: <https://happiful.com/4-ways-being-a-super-helper-could-be-harming-you>

Vicarious trauma: Signs and strategies for coping (2022). Available at: <https://www.bma.org.uk/advice-and-support/your-wellbeing/vicarious-trauma/vicarious-trauma-signs-and-strategies-for-coping>

7 Things to Do When Your Tank Is Empty – Karen Nimmo (2021). Available at: <https://forge.medium.com/resilience-burnout-7-ways-to-cope-when-your-tank-is-empty-bf7cfa5320e1>

Please use the following link to access a variety of resources which are relevant to wellbeing in the workplace: <https://www.in-equilibrium.co.uk/wellbeing-at-work-resource-overview-page/>

In Equilibrium Quarterly Newsletter

Our quarterly newsletter contains expert tips and articles on how to boost health and wellbeing, reduce stress, and improve performance, in addition to links to relevant training courses. You can review our latest newsletter here:

<https://www.in-equilibrium.co.uk/autumn-2023-newsletter-includes-tips-for-stress-awareness-week/>

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