



Vicarious Trauma

Training Course

Working in a 'helper' role can leave you open to experiencing Vicarious Trauma.

Also known as secondary traumatic stress or compassion fatigue, vicarious trauma is a phenomenon that occurs when individuals are exposed to the trauma stories of others, resulting in the development of symptoms similar to those experienced by the trauma survivors themselves.

This course explores what is meant by 'vicarious trauma', and aims to provide participants with an in-depth understanding of its nature, signs, symptoms, and impact on individuals, as well as strategies for prevention and management.

[View our training course](#)

Aim: To understand trauma and the impact it can have on individuals in helper roles, and to equip attendees with the tools and strategies they need to recognise, prevent, and manage vicarious trauma and reduce the risk of compassion fatigue in the workplace.

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will:

- ✓ Understand trauma
- ✓ Identify and understand small and large traumas (*full day sessions only*)
- ✓ Understand influential factors that impact on how trauma is experienced
- ✓ Understand the body's natural defence mechanism (*full day sessions only*)
- ✓ Identify the signs & symptoms of trauma
- ✓ Understand Vicarious Trauma
- ✓ Identify 'Compassion fatigue'
- ✓ Identify 'Secondary trauma'
- ✓ Understand 'Dissociation' (*full day sessions only*)
- ✓ Understand moral distress & moral injury
- ✓ Identify the 'Six environmental conditions for health and growth'
- ✓ Understand how to support employees to lessen the risk of vicarious trauma
- ✓ Identify and understand personal protective factors
- ✓ Identify stabilising and grounding techniques
- ✓ Identify the signs of PTSD and know when to seek additional support

The Course

Understanding trauma and how to reduce the risk of vicarious trauma through self-management can improve employee wellbeing, enhance relationships in the workplace and reduce absenteeism*.

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

A certificate of completion is provided to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

Up to 8 CPD hours per delegate



Contact our enquiry team on **0121 629 1165**
or visit: **www.bhsf.co.uk/mental-health-support-training**