

Secondary Trauma Training Seminar

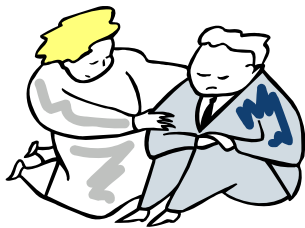
The Cost of Caring: Secondary Trauma

What is secondary trauma? Mental health and other helping professionals work daily with children and families who are traumatized or in distress. They listen to their stories and feel their pain, helplessness and loss of hope. The result of this engagement is secondary trauma.

This training is a one-day supportive, psycho-educational training that includes a lecture, discussion and experiential exercise.

After attending this seminar you will:

- ✂ Understand the difference between PTSD, Burnout and Secondary Trauma
- ✂ Know the risk factors for mental health and related professionals
- ✂ Gain personal insight as to how you might be at risk for secondary trauma
- ✂ Understand the role of resiliency, empathy and post-traumatic growth
- ✂ Acquire personal and professional strategies to protect yourself



What participants said about the training.

“I loved the training and it couldn’t have come at a better time for me...you were like water for a parched soul.....thank you.”

“The training was great...calming, uplifting and centering.... and very well designed.”

“The experiential activity really brought me in touch with my true thoughts and feelings about my work and non-work life.”

If you or a member of your organization would like to talk with me about attending this training or setting it up for members of your organization please contact me at 303-864-5191 or email me at conrad.david@tchden.org.