



SELF-CARE AND RESILIENCY BUILDING

Description:

This workshop defines Trauma and discusses how working with Traumatized individuals and families can affect the care-giver. This workshop helps professionals and volunteers recognize and understand the need for self-care and a self-care plan so they can continue to work efficiently with clients. Secondary trauma, compassion fatigue and burn-out are defined and “normalized”. Attendees will learn emotional self-regulation and self-awareness as a part of maintaining their own mental, emotional, physical and spiritual health.

Learning Outcomes

On completion of the workshop participants will be able to:

- Define trauma and how it affects the body and brain.
- Understand symptoms of trauma and a traumatic reaction.
- Define secondary trauma, compassion fatigue and burn-out.
- Recognize the symptoms of secondary trauma, compassion fatigue and burn-out in colleagues and themselves.
- Understand that secondary trauma, compassion fatigue and burn-out are not the result of isolated events and stories, but the result of hearing many traumatic stories or seeing many traumatic pictures.
- Understand the difference between stress management and resiliency building.
- Define and understand emotional self-regulation and self-awareness.
- Define self-care and understand the necessity of a comprehensive self-care plan for themselves.
- Create a self-care plan

Designed For

All individuals and agencies that work in human services providing care to traumatized clients and the Families of Murdered and Missing Indigenous Women and Girls. This includes but is not limited to counselling agencies, mental health professionals, EMS, Government Ministries, funeral service providers, children in care professionals, health care professionals [hospital staff], and social services agencies.