Helping the Helper
Identifying Trauma Related Warning Signs + Taking Action

Vicarious Trauma - Secondary Trauma Stress - Burnout – Compassion Fatigue –
What are the differences, and why should it matter to me?

Online On Demand Workshop

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Course Description
This workshop will help you begin to identify and understand how working with traumatized individuals can have effects that you may not have recognized. As a helper it is vitally important to know yourself and recognize the warning signs. It is also important to have a plan in place to reduce the impact, practice trauma stewardship, and find balance through self-care.

Workshop Objectives
• Compare Differences in Trauma Related Effects
• Identify Trauma Exposure Responses
• Identify and Discuss the Warning Signs
• Explain the Importance of Trauma Stewardship

Register at https://www.focusministries1.org/training/workshop
Questions: Call 630-617-0088.