

Helping the Helper

Identifying Trauma Related Warning Signs + Taking Action



2 CEU's for Counselors, Social Workers, and CDVP

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

SANDRA HENDERSON, LCPC, ICST-P, NARM Therapist, is the private practice owner of Hope Joy Peace Counseling and Director of Expressive Sandtray, LLC, in Plainfield Illinois. Sandra received a Bachelor of Arts in Psychology from Governors State University, and Master of Professional Counseling from Olivet Nazarene University.

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.



Domestic Violence Help 

Domestic Violence and Domestic Abuse Help for Women and Families