

Caring for the Caregiver: Self Care and Secondary Trauma

1. Outline of Training:

- This six-hour course will be an interactive and didactic presentation on the critical importance of caring for ourselves as the professional. The training will utilize a didactic PowerPoint format presentation, small and large group discussion as well as individual and small group exercises.
- Topics covered: Secondary Trauma, Personal / Professional Connections and Passions, Goal Setting, Team Building, Being a Family, Feeling Good and Having Fun

2. Target Audience:

- New and veteran staff from all types of work place settings and disciplines. Appropriate for all staff from entry level to line staff to supervisors and management.

3. Outcome Objectives for Participants:

- Participants will increase their knowledge, awareness and understanding of secondary trauma including its causes, signs and symptoms in themselves and in colleagues
- Participants will identify and practice specific primary and secondary intervention strategies to address secondary trauma within themselves and their workplace
- Participant will learn and practice new ways of approaching their work related to:
 - Getting and staying connected with others
 - Identifying personal / professional passions
 - Establishing and evaluating progress relates to S.M.A.R.T goals
 - Team building
 - Creating a Family-like work atmosphere and philosophy
 - Holistic approaches to stress and coping
 - Having Fun at work

4. Ways that Supervisors (when applicable) can support the Transfer of Learning from the classroom to the job...

- **Before the training:** The supervisor can meet with the participant to review the executive summary, identify an objective to focus on with the staff member identify at least 2 aspects of secondary trauma that appear particularly relevant for the participant and alert the staff member that they will present an overview of training to the unit.
- **After the training:** The supervisor can meet with the participant and ask to review the content of the training, identify at least two specific skills or concepts from the training that can be directly applied in their professional work and discuss further training that could support this training for their staff member and for the unit.