



## **Understanding Vicarious Trauma: A workshop for professionals Serving Justice-Involved People with Behavioral Health Needs – Session B**

NYS Social Work CE Contact Hours: 4.0

CASAC Renewal Credit Hours: 4.0

**Note that both Session A & Session B must be completed in order to receive credit for this course.**

When professionals working with justice-involved consumers routinely come into contact with the trauma and suffering of these individuals, it can potentially take a serious toll on well-being, causing cognitive, spiritual, physical, and emotional alterations. It can negatively impact one's job performance and impede recovery progress for the consumer. We refer to these effects as vicarious trauma. Vicarious trauma can affect an array of workers, including behavioral health and other healthcare workers, parole, probation, and correction officers, 911 dispatchers, law enforcement, and defense and prosecution attorneys. Often people don't recognize the signs and symptoms that lead to vicarious trauma and are not aware that they are being so profoundly affected.

This training will provide a framework for conceptualizing vicarious trauma. We will examine causes and risk factors, and discuss prevention and treatment measures. In addition, we will explore the importance of self-care beyond the blanket list of suggested options. Additionally, this training will empower participants to engage their agency in taking measures that address and prevent vicarious trauma. This interactive training includes a variety of exercises designed to encourage participants to evaluate the impact of ongoing exposure to trauma on their well-being. Ultimately, we aim to equip participants with knowledge and resources—both internal and external—to support themselves and their colleagues in maintaining personal and professional wellness. Note that this is not a clinical training on how to treat trauma clinically.

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