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Reducing Vicarious Trauma Allows You to Give Your Best



Dr. Jane A. Simington, PhD.

Most of us enter our professional practice with a great desire to make a positive difference in the lives of others. This attitude of goodness and caring, mixed with the depth and closeness of relationships we develop as people disclose their pain-filled life experiences, can create circumstances ripe for vicarious traumatization. To experience vicarious trauma is to experience some or even all of the physical, mental, emotional, spiritual, social and behavioral manifestations of post-traumatic stress, leading quickly to burnout.

Reducing Vicarious Trauma Allows You to Give Your Best is about recognizing what makes you more or less vulnerable to vicarious trauma. This training provides you with strategies to alleviate the causes by successfully managing your professional encounters so you can continue to care, give your best, and grow both personally and professionally as a result of the work you do.

During our time together you will

- 1) Review the effects of vicarious trauma on all aspects of human functioning
- 2) Examine how, during your practices of caring, you are vulnerable to experience vicarious trauma.
- 3) Discuss how vicarious trauma can lead quickly to burnout.
- 4) Practice ways to prevent vicarious trauma
- 5) Practice strategies for maintaining personal and professional integrity while you continue to give your best.