

Executive Summary

Course Title: The Cost of Caring: Secondary Traumatic Stress

Trainer: David Conrad, LCSW

Outline of Training:

This one-day training includes a lecture/discussion on secondary trauma, an experiential exercise, a group discussion, a self-administered self-care exercise and a presentation of protective strategies. Special attention is given to the issues of resiliency, empathy and post-traumatic growth.

Target Audience: Secondary trauma training will benefit all child welfare professionals and other helping professionals who work with and assist traumatized children and families.

Outcome Objectives for Participants:

- Differentiate secondary trauma, post-traumatic stress disorder, burnout and vicarious trauma.
- Identify risk factors and the negative effects of secondary trauma.
- Identify personal and professional self-care strategies participants can use to protect themselves from secondary trauma.
- Acquire an appreciation of the critical role of resiliency, empathy and post-traumatic growth.
- Identify when participants should seek assistance following their involvement in a traumatic event.

Ways that Supervisors can support the Transfer of Learning from the classroom to the job...

BEFORE the training

Supervisors can review the executive summary with their staff and explore with them what they hope to get out of the training. Supervisors can encourage their staff to identify questions they have about secondary trauma and to bring those up in the training. Supervisors can ask caseworkers to be prepared to share what they learned at the training with their co-workers.

AFTER the training

Supervisors can ask participants to present an overview of the training to their co-workers which should include its special relevancy to child welfare and other helping professionals. Supervisors should encourage participants to share new information and insights they acquired with their co-workers. Supervisors can also encourage staff to share their ideas on how they can assist each other individually and as a team to protect each other from the adverse effects of secondary trauma.