



KEEPING HOPE ALIVE vicarious trauma and emotional wellbeing in human services practice

A one-day workshop on 6 May 2016

The concept of “vicarious trauma” is used to describe the emotional and psychological impact of working in the human services. Those who have chosen careers that require them to care about the plight of others often endure a significant impact on their own emotional health.

However few of us have ever had the opportunity to learn about these complex processes, to reflect on our own personal experiences of caring, and, most importantly, to learn and implement strategies which allow us to practice our unique profession in ways which are safe, sustainable, and which celebrate the privilege of helping others.

This well-received workshop has been developed and delivered by **Matthew J Armstrong**. Matthew has undertaken a research project into vicarious trauma, and his work in this area has been presented at both national and international conferences and is referenced in a leading Australian social work text and important publications on child protection practice. Matthew is a social worker who has worked for nearly 20 years in human services as a child protection worker, foster carer, policy officer, researcher, educator, and senior practitioner. He now joins with the Encompass team to bring you his practice knowledge and wisdom.



You'll learn more about:

- ◆ Key concepts and models relating to vicarious trauma and emotional wellbeing, including ideas drawn from recent neuroscience research into trauma and empathy
- ◆ Experiential and reflective activities to build insight and self awareness
- ◆ Tools to promote transformation and healing despite the day-to-day challenges of human services practice
- ◆ Tips on organisational and supervisory strategies to promote resilience
- ◆ Specific strategies and information for different participants, including child protection and family welfare workers, teachers, foster carers, Aboriginal and Torres Strait Islander groups, administrative staff, managers and supervisors

Next scheduled

When: 6 May 2015

Time: 9.30 – 4.00

Place: Quality Airport International Hotel, Kingsford Smith Dve, Hamilton

Cost: \$220

To register online:

www.efac.com.au/schedule

or

Email: enquiries@efac.com.au