

Vicarious Trauma

The cost of caring

What is Vicarious Trauma?

"It's a proven fact that we hold on to trauma. How can somebody who's holding so much trauma be of service to someone else if they're full up? You've got to empty the glass." – Mariska Hargitay

Programme features

In this interactive 1.5 hour workshop you will:

- Identify the differences between burnout/ stress, compassion fatigue and vicarious trauma (VT)
- The impact of VT on health, education and welfare workers
- How to identify it in yourself
- What to do

About the facilitator

This workshop has been developed and is facilitated by WACRH's Mental Health Academic Chantal Crinquand who has extensive experience in facilitating mental health workshops and comes from a background of mental health nursing and counselling.

Who should attend?

Anyone interested in developing their knowledge and skills in the area of vicarious trauma. Typically, attendees are frontline human services workers – health workers, education, counsellors, police, rangers.

Employers are encouraged to support their employees to attend this workshop.

Group/workplace sessions can also be arranged.

Dates: 28 February, 19 April & 4 July 2023

Venue: WA Centre for Rural Health, 167 Fitzgerald St, Geraldton

Time: 9am-10.30am

RSVP: Places limited. Book via admin-wacrh@uwa.edu.au or 9556 0200

Cost: FREE



Western Australian Centre for Rural Health



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