

VICARIOUS

C B E
COGNITIVE BEHAVIOURAL EDUCATION

TRAUMA TRAINING

www.cbe.net.au

What should I expect from CBE's vicarious trauma training?

Vicarious trauma occurs when you take on and internalise aspects of trauma experienced by others, with these experiences affecting you as if you had experienced it directly. This can occur for individuals in a variety of professions, especially when exposure to other people's trauma is consistent and intense.

Listening to, or witnessing, others' trauma can take a considerable toll on your wellbeing. This course aims to convey how to recognise trauma, and highlight strategies which can be used to manage vicarious trauma both now, and in the future.

What will I learn from CBE's vicarious trauma training?

After undertaking CBE's vicarious trauma training, you will have the following abilities:

- Awareness of what vicarious trauma is, and the impact it can have.
- Ability to identify the protective and aggravating factors of vicarious trauma.
- Ability to identify when vicarious trauma is prevalent (in both yourself and others).
- Knowledge of key tools and resources to use when confronted with vicarious trauma.
- Capacity to build strategies and management methods to support your wellbeing.

To further your understanding of vicarious trauma, visit www.cbe.net.au for more development opportunities.

