



Resetting Your Inner Compass

Addressing Vicarious Trauma Through Hope & Resilience



Join ODVN's Trauma Specialists, Cathy Alexander & Sonia Ferencik for a 2 day workshop created for direct care advocates who work with adult and child survivors of domestic violence & sexual assault.

Select the site that fills your needs for self-care and location. For more info:

<http://www.odvn.org/training/2019>



AUGUST 1 & 2, 2019

Supervisors Only

Please attend
9:30 am - 4:30 pm
(8 hrs CEUs Offered)

****Note:** August 1st & 2nd dates are designed for supervisors only to attend. In this training you will learn the importance of incorporating vicarious trauma and resiliency practices into supervisory role with advocates.

3430 Yarmouth Drive,
Pickerington, Ohio

DESIGNED FOR ADVOCATES

Each Day 9:30 - 4:30

May 2 & 3, 2019

NORTHWEST OHIO

St. John's Nature

Preserve,

615 S Wintergarden

Bowling Green, Ohio



June 26 & 27, 2019

Central Ohio

Highbanks Metro

Parks near

Columbus, Ohio



July 9 & 10, 2019

SOUTHERN OHIO

Marietta College

@ The Gathering

Place



AUGUST 27 & 28,

2019

NORTHERN OHIO

OVERLOOKING

LAKE ERIE @

BAY COMMUNITY

HOUSE AT 303

CAHOON RD,

BAY VILLAGE, OH



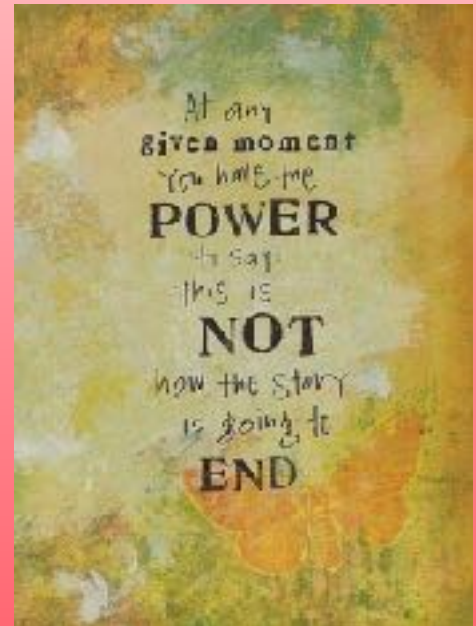
VICTIM ADVOCATES REGULARLY ENCOUNTER STORIES AND SYMPTOMS OF TRAUMA IN THEIR ROLES

There is growing evidence that the impact of directly supporting others through experiences of trauma goes beyond burnout or fatigue.

The toll of witnessing intense human experiences and emotions can contribute to a negative transformation of a helper's own sense of safety, and of being competent and purposeful.

This workshop will provide participants with the opportunity to examine their own experiences and become aware of the signs of both vicarious trauma and vicarious growth.

Participants will have the opportunity to develop a personalized plan to repair negative effects as well as accelerate their resilience.



AREAS OF FOCUS SIGNS OF VICARIOUS TRAUMA

ANCHOR POINTS THAT KEEP YOU SOLID AND STEADY

EMPATHY – A VICARIOUS EXPERIENCE

BUILDING SELF-AWARENESS OF THE IMPACT OF WORKING WITH TRAUMA

EXTERNAL FACTORS IMPACTING THE EFFECTS OF TRAUMA WORK

INDIVIDUAL FACTORS IMPACTING THE EFFECTS OF TRAUMA WORK

RECOGNIZE THE SOUND AND FEEL OF YOUR ALARM

STRATEGIES FOR BUILDING EMPATHIC RESILIENCE

PRACTICING VICARIOUS RESILIENCE

BUILDING A PERSONALIZED PLAN

TARGET AUDIENCE – FOR ADVOCATES –

11 HRS CEUS OFFERED AN INTRODUCTORY-INTERMEDIATE LEVEL WORKSHOP FOR VICTIM ADVOCATES WORKING ACROSS THE LIFE SPAN (INFANTS THROUGH OLDER ADULTS) ON THE FRONT LINES OF SEXUAL ASSAULT AND/ OR DOMESTIC VIOLENCE PROGRAMS.

METHOD OF DELIVERY

THIS IS A HIGHLY INTERACTIVE WORKSHOP, MAKING USE OF MOVEMENT, GROUNDING, CENTERING ACTIVITIES, VIDEO, CASE STUDY EXERCISES, PERSONAL REFLECTION, AND SMALL GROUP DISCUSSION ALONG WITH DRUMMING, GUIDED IMAGERY AND PLAY.

LEARNING OBJECTIVES

PARTICIPANTS SHOULD BE ABLE TO DESCRIBE THE PROCESS OF VICARIOUS IMPACT ON A HELPER FROM WORKING WITH TRAUMA; DISTINGUISH BETWEEN THE CONCEPTS OF SECONDARY STRESS, VICARIOUS TRAUMA, AND VICARIOUS RESILIENCE; IDENTIFY KEY VULNERABILITIES AND STRENGTHS IN ONE'S OWN PRACTICE AS A HELPER; LIST STRATEGIES FOR THE TRANSFORMATION OF VICARIOUS IMPACT INTO RESILIENCE; LEAVE WITH A PLAN FOR SELF-CARE IN CONNECTING BODY, MIND AND WELLNESS.

Contact denisek@odvn.org for more information regarding the workshops