Preventing Vicarious Trauma

A grounding, experiential workshop

with Zakiya Harris

Learning Objectives

Discuss the importance of developing a self-care plan for trauma professionals.

Identify common countertransference reactions (CTRs) in working with trauma survivors.

Identify factors that empower and promote the well-being of trauma professionals.

Identify various strategies to address or prevent vicarious or secondary trauma.

This experiential workshop will provide tools to assist you in addressing your signs of distress and burnout, enhance your sense of well-being and ability to care for yourself, and build healthy responses to trauma. You will be offered wellness approaches to meet the challenges of trauma work by encouraging you to reflect deeply on what led you to engage in trauma work, the impact it has on you, and the meaning of and lessons gained from your work. This preventing vicarious trauma workshop guides you in building long-term approaches which will enable you to remain healthy and able to continue to do this work.

Facilitator Zakiya Harris is a Cultural Architect, Artist and Educator working at the intersections of entrepreneurship, 21st century education and creative transformation. Zakiya is a co-founder of nationally recognized projects Impact Hub Oakland, Grind for the Green and a Fellow of Green For All and Bold Food. Recently, she served as Chief Innovation Officer at Hack the Hood a technology program for low-income youth of color. Recently, Zakiya published her first book Sh8peshift Your Life: The Creative Entrepreneurs Guide to Self Love, Self Mastery and Fearless Self Expression. When she is "off the clock" you can find her singing her heart out onstage, reading Octavia Butler or cooking with her 13 year old daughter.

in partnership with

Friday, August 23, 2019

2:00pm-5:00pm | Registration at 1:45pm

3001 International Blvd. Oakland, Ca. 94601

Sign in & Register:

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