



Presented by

SENECA FAMILY OF AGENCIES in partnership with ALAMEDA COUNTY BEHAVIORAL HEALTH

Preventing Vicarious Trauma

CEs are not available for this training

WHEN:

Date: July 8th & 9th 2021 Time: 9:00 AM-12:00 PM

LOCATION: ZOOM

<u>*Click here to register in advance</u> for this training.*

After registering, you will receive a confirmation email with information about joining the meeting.

INTENDED FOR:

Alameda County Behavioral Health and contracted provider staff

About the Course

This highly interactive training is designed to address the self-care needs of those working with children, youth and adults impacted by traumatic life events. Participants are encouraged to verbalize their understanding and connectedness to the multiple aspects of compassion fatigue. By taking a self-inventory, participants will see first-hand the levels of stress they experience. The group will look at several tools and techniques to circumvent the most challenging aspects of their compassion fatigue and to be able to regain a state of neuro-physiological (mind-body) regulation, recovery and resilience. Addressing stress in the workplace has traditionally been avoided or seen as a distraction to the delivery of service. This training integrates stress management techniques and strategies off and on the work site without interrupting productivity. Direct care staff and management are encouraged/prompted to understand their vulnerabilities, recognize early their own and their colleagues' warning signs of secondary and vicarious stress. Management is also provided with strategies to promote a more secondary trauma-informed work environment and support the maintenance of professional and personal wellbeing in valued staff. These approaches can be applied to unique work settings to strategize appropriate opportunities to incorporate self-care concurrent with work performance.

About the Presenter

Beverly Kyer, MSW, ACSW, has been a Speaker and Educator with specialties in Post Traumatic Stress Disorder; Grief and Loss and the Trauma Impact on Brain Development, Behavior and Learning in Children and Youth. She is a Certified Compassion Fatigue Specialist AKA Secondary Stress Disorders, with a mission to help those who help others. Currently a business owner providing training and consultancy, roles in her career include: Child Welfare; Seneca Center and Family Finding Trainer; Readjustment Counseling Therapist; Psychiatric Social Worker; EAP Coordinator/Field Placement Supervisor/ Program Coordinator/ Supervisor/ Assistant Chief of Social Worker Service for the Bronx N.Y. Veteran's Administration Medical Center. Beverly's training style creates an interactive and collaborative learning environment focused on seeking answers.

ZOOM INSTRUCTIONS:

Registrants are responsible for reading the following information

Register in advance for this meeting: https://zoom.us/meeting/register/tJcld-qtrjluEtan6ldXhqdkV-Bp0fVe8zhP

After registering, you will receive a confirmation email containing information about joining the meeting.

CLICK HERE TO REGISTER

REGISTRATION ASSISTANCE: corri_frohlich@senecacenter.org