

Essential Foundations workshop for DHHS funded sexual assault workers:

Resilient Practice - could 'Vicarious Trauma' be the gateway to the development of 'Vicarious Resilience?'

Presenter: Dragan Zan Wright

Date: Tuesday February 18th, 2020

From: 9.30am – 4.30pm

At: Queen Victoria Women's Centre, 210 Lonsdale St

Could 'Vicarious Trauma' be the gateway to the development of 'Vicarious Resilience?'

Workers in sexual assault services can be 'profoundly impacted by their work with trauma survivors.' The experience of vicarious trauma can lead to a search for meaning and connection and the development of strategies that encourage personal and professional resilience.

(Margaret Pack, 2014)

Recent studies have explored the concept of vicarious resilience. Using feminist focussed research, the concept of 'embodiment,' and employing somatic resources, this training will look at how to develop and maintain a resilient practice.

Workshop Objectives

- Recognise how transference plays out as a bodily experience and how to foster somatic resilience
- Gain familiarity with the three stress levels that need to be managed to stay resilient at work: intra-personal, inter-personal (including worker/client, practitioner/organisation) and socio-systemic
- Identify and implement protective factors which enhance resilience, in their personal, professional, cultural and spiritual worlds

**Morning tea will be provided, participants are asked to provide their own lunch.*

To register for this workshop please complete the registration process at tri booking <https://www.trybooking.com/BGMMM>

Any problems email admin at SECASA secasa@monashhealth.org

For more information about this workshop please contact

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