

# VICARIOUS TRAUMA MANAGEMENT PROGRAM

All staff who are exposed to trauma as part of their work, are at risk of experiencing vicarious trauma

Vicarious trauma refers to the detrimental impacts suffered by people who are indirectly exposed to traumatic material. Workers are exposed to traumatic material when they are deployed in disaster or combat zones, assist others in emergencies, or witness or hear about incidents of abuse, violence, torture, or neglect.

**This means that if people are exposed to traumatic material as a product of their work, vicarious trauma is a work, health and safety hazard.**

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## The following types of professions are often at risk of vicarious trauma:

- Psychology, Social Work and Counselling
  - Police
  - Fire Brigade
  - Ambulance
  - Emergency Services
  - Health
  - Military
  - Rescue
  - Community Services
  - Child Protection
  - Law
  - Human Rights
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Training and consultation in Vicarious Trauma Management is available for organisations who work with those who have experienced trauma. **Rape & Domestic Violence Services Australia** was the recipient of the 'Best Solution to an Identified Health and Safety Issue' award from WorkSafe in 2007 for its **Vicarious Trauma Management Program**.

Rape & Domestic Violence Services Australia recognise the diverse needs and budgets of each organisation. Our **Vicarious Trauma Management Program** takes a collaborative approach by offering a variety of tailored consultation and training services.

### **TAILORED VT MANAGEMENT PROGRAM CONSULTATION**

- Internal audit of current practice
- VT Management Policy review
- Vicarious trauma monitoring

### **EXTERNAL SUPERVISION AND DEBRIEF**

- Group or individual
- Face to face, VOIP or Phone

### **eLearning AN INTRODUCTION TO VICARIOUS TRAUMA**

*(45 minutes)*

### **UNDERSTANDING VICARIOUS TRAUMA**

*(4 hours)*

### **RESPONDING TO VICARIOUS TRAUMA**

*(4 hours)*

- Understanding & Responding to Vicarious Trauma can be delivered as a one day workshop.

### **SUPERVISING THE MANAGEMENT OF VICARIOUS TRAUMA**

*(1 day)*

- Understanding & Responding to Vicarious Trauma is a prerequisite to this workshop.

### **MEASURING VICARIOUS TRAUMA: USE OF PSYCHOMETRICS**

*(1 day)*

- Understanding & Responding to Vicarious Trauma, Supervising the Management of Vicarious Trauma is a prerequisite to this workshop.

### **SELF - CARE PLANNING FOR VICARIOUS TRAUMA**

*(1 day)*

- Understanding & Responding to Vicarious Trauma, Supervising the Management of Vicarious Trauma is a prerequisite to this workshop.

## **CONTACT US**

For more detailed information about the learning outcomes and content of our training packages, pricing or to discuss the needs of your organisations, contact the **Consultation and Training team**:

**Phone:** 02 8585 0333

**Email:** [vtinfo@rape-dvservices.org.au](mailto:vtinfo@rape-dvservices.org.au)