



## SARC Presentation: Vicarious Trauma and Self-Care

This interactive workshop examines the possible impacts on workers from working with clients and patients who are experiencing hardship. Participants will be encouraged to examine their own coping and wellbeing, to review their current situation and to identify strategies for promoting their self-care both in the work setting and outside work.

### Topics

- The possible impacts on workers from working with clients/patients who are trauma survivors and/or experiencing hardship and struggle
- The risk factors that make workers more vulnerable
- Personal and organisational symptoms of vicarious trauma
- An audit of the current situation
- Strategies for personal and professional self-care

### Details

- 2 hours
- Delivered at your workplace
- Groups of 4 or more workers
- Facilitated by an experienced SARC trainer
- Prefer seating at tables in groups of 4 or 6
- Participants need to bring a pen
- To reserve a presentation for your team, email: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### Metro Costing

#### Within Department of Health (DOH)

\$400 (incl GST)

#### External to DOH

\$420 (incl GST)

SARC Education and Training offers a range of professional development opportunities to people working or volunteering in government, non-government and private organisations.

[www.kemh.health.wa.gov.au/SARCProf](http://www.kemh.health.wa.gov.au/SARCProf)

### SARC Education and Training

Training enquiries and requests can be directed to SARC Education and Training

Telephone: (08) 6458 1820

Email: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### The Sexual Assault Resource Centre (SARC)

- 24-hour emergency medical, forensic and counselling support following a sexual assault
- Counselling for recent and past sexual assault and sexual abuse
- State-wide education and training

### 24 hour emergency line for recent sexual assault

Telephone (08) 6458 1828 or 1800 199 888 (free from land line only)

### Emergency telephone counselling

8.30am - 11.00pm daily

Telephone (08) 6458 1828