

# ADVANCED SECONDARY TRAUMA TRAINING FOR SUPERVISORS

## **Two- Day training (Trainer: David Conrad, LCSW)**

The work of caring professionals is emotional, stressful and often draining which elevates their risk for secondary trauma. This training helps supervisors learn skills to help their workers cope with the emotional tolls of the work. Supervisors will learn about the dynamics of secondary trauma, self-care strategies and a framework for helping workers cope with secondary trauma. Video vignettes of real workers talking about secondary trauma provide fodder for skill development as well as add a poignant reality to the training.

## ***Training Competencies and Learning Objectives***

### ***Competency 1***

The supervisor will understand the components of secondary trauma and its affect on their workers and themselves.

#### ***Learning Objectives***

- a. Differentiate secondary trauma from other forms of stress.
- b. Explain why supervisors and workers are at risk.
- c. Differentiate between secondary trauma experienced by workers and supervisors.

### ***Competency 2***

The supervisor will know strategies to better manage secondary trauma within their unit.

#### ***Learning Objectives***

- a. Understands their role in helping workers deal with secondary trauma.
- b. Defines 'hardiness'.
- c. Possess strategies to facilitate 'hardiness' in their workers.
- d. Able to coach a worker through a secondary trauma situation in a practice session.
- e. Knows a menu of self-care strategies to assist their workers and themselves through secondary trauma situations.