



# Vicarious Traumatization

## A Workshop Introduction to Vicarious Traumatization

*' Vicarious Traumatization (VT) is a transformation in the self of a trauma worker or helper that results from empathic engagement with traumatised clients and their reports of traumatic experiences '*

*McCann and Pearlman (1990)*

The above is widely regarded as the first statement to define exactly what VT really is and how it is different from 'burnout' and other forms of fatigue. Whatever your profession or vocation, if your work exposes you to hearing about other people's trauma, whether emotional or physical then you are at risk of suffering from VT, it's as simple as that. VT is what can happen when you have an empathic connection with a sufferer and it's empathy that creates the opening for VT.

We will explore what Vicarious Trauma is, how it is different, how to recognise it in ourselves and our colleagues and how to prevent it happening through the use of some self-care strategies.

Date: Wednesday May 6<sup>th</sup>, 2015  
Time: 10:00 thru 13:30  
Where: NIDAS, 30 Saint John Street, Mansfield, Notts, NG18 1QJ  
Cost: £55 (~~£45~~ students)  
Contact: [Info@move-forward.org](mailto:Info@move-forward.org) or [info@imokyoureok.co.uk](mailto:info@imokyoureok.co.uk)

### Workshop Facilitators

**Mark A Stancombe** MBACP (ACCRED), MSc Integrated Counselling & Psychotherapy

Mark is a practising Integrative Psychotherapist, researcher and an experienced counselling tutor. His research interest is in the impact male therapists experience when working with adult female survivors of childhood sexual abuse. Mark will present his findings and recommendations to the BACP International Research Conference in 2015.

**Lisa Nel** BA (Comb) Hons, Adip. Int. Couns., Dip. Counselling Children & Adolescents, MBACP (ACCRED)

Lisa has 26 years' experience in education and training. She is an Advanced Skills teacher, counselling trainer and practising therapist. As founder of Social Enterprise I'm OK, You're OK, her passion is to increase professional emotional support services in schools through offering 1:1 and group therapeutic interventions to young people and through well-being training and support for families and educational staff.