

Combatting Vicarious Trauma



Creating a shared understanding 1 Day Vicarious Trauma Workshop

This workshop helps staff and volunteers distinguish between Compassion Fatigue, Burnout, and Vicarious Trauma. Participants will gain a shared understanding of vicarious trauma, its impact, and prevention strategies. Delivered in-person, online or hybrid, this 6-hour learning experience will equip you with knowledge and tools that make a difference.

Caring for Those Who Care: Combating Vicarious Trauma Training



Who Is This For?

- Educators (teachers, principals, school staff)
- Youth Workers and Social Workers
- Community leaders and support organisations
- Government and non-profit professionals working in community services, allied professions
- Those working in caring professions or at risk of exposure to client trauma

The MacKillop Difference

The MacKillop Institute offers flexible, expert-led training to support school communities. With over 2,300 multi-disciplinary staff and 170 years of experience working with the most vulnerable children, families and communities across Australia, we deliver evidence-informed programs to organisations across Australia and internationally. As the Australian providers of The Sanctuary model, we help build resilience and best-practice, trauma-informed services for children, young people, and families.

Cost

Typical workshop cost is \$6,600 (inc. GST)
Group, NFP and government discount (33%) = \$4,400



The expertise of MacKillop staff has benefited our employees in many ways, and on several levels, such as providing information and training to help our teams cope with and manage trauma and its aftermath".

Megan Prest. Operations Manager,
Westpac Safer Children Safer Communities Program

For more information contact:
institute@mackillop.org.au 03 9699 9177



SCAN ME

Creating a shared understanding 1 Day Vicarious Trauma Workshop

Supporting others through hardship and trauma can take a toll on your own wellbeing. Our expert-led training helps staff and volunteers understand the difference between Compassion Fatigue, Burnout, and Vicarious Trauma. You'll learn practical strategies to prevent and manage these impacts, ensuring a healthier, more resilient team.

This 6 hour workshop is tailored to your organisation's needs, providing key insights and tools such as safety plans and self-care strategies.



Delivery Mode:

In person, hybrid or online – we are flexible and support your needs



Typical delivery is 10am–4pm

Learning Objectives

- Understand the differences between Compassion Fatigue, Burnout, and Vicarious Trauma and their impact on wellbeing.
- Recognise risk factors and warning signs of vicarious trauma to intervene early.
- Develop prevention strategies and safety plans to mitigate the effects of trauma exposure.
- Implement self-care plans to build resilience and support long-term wellbeing.

Topics Covered

- ✓ Candidates for exposure
- ✓ Impacts of exposure
- ✓ Risk Factors
- ✓ Warning signs
- ✓ Prevention
- ✓ Strategy 1- Safety Plans
- ✓ Strategy 2- Self Care Plans

MacKillop Institute Partners



Government of
South Australia



MONASH
University