

The cost of caring

Vicarious Traumatisation & Practitioner Self-Care

With Christiane Sanderson BSc



VENUE The Savoy Hotel, Limerick City
DATE Saturday April 14th
TIME 9.30 to 4pm
REGISTRATION tea/coffee from 9.00
COST €110 (early bird offer €100 if booked by March 23rd)
CPD Certificates - 5.5hrs

This seminar will be used to explore a range of factors that can lead to vicarious traumatisation, 'burn out', and the risk of developing Secondary Traumatic Stress (STS). It will be aimed at a wide variety of caring professionals such as psychotherapist, counsellors, psychologists and social workers. It will identify the signs and symptoms of burn-out and secondary traumatic stress and how these can be managed both individually and by organisations to ensure staff well-being.

The focus will be on how practitioners can ensure self-care, and how supervisors and managers can ensure minimising risks

to staff. Through several assessment measures and experiential exercises practitioners will have an opportunity to identify their own vulnerability to burn-out and explore strategies to manage the impact of working with clients so that they can continue to remain present, engaged and vital in their work.



Christiane Sanderson BSc, MSc. is a senior lecturer in Psychology

at the University of Roehampton. With 26 years' experience working with survivors of child sexual abuse, sexual violence, complex trauma and domestic abuse she has delivered consultancy, continuous professional development and professional training for a wide variety of organisations.

Christiane is a prolific author of several books on subjects such as healing, Interpersonal trauma and sexual abuse and her latest book, *Counselling Skills for Working with Shame* was published in 2015. She has contributed to news coverage on BBC TV and BBC Radio, and Sky news. She is a trustee for the charity One in Four.

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