

# All staff who are exposed to trauma as part of their work, are at risk of experiencing vicarious trauma.

While vicarious trauma is a considerable Work, Health & Safety risk, it can be managed effectively to limit the human, financial, and workplace costs.

Rape & Domestic Violence Services Australia was the recipient of the 'Best Solution to an Identified Health and Safety Issue' award from WorkSafe for our Vicarious Trauma Management Program.

Thanks to generous funding from the Health Services Union we are able to offer this workshop for free, for frontline workers from Aboriginal and Torres Strait Islander communities and organisations. Your participation and feedback will ensure that the training is culturally relevant.

We are also looking to partner with engaging and experienced trainers to co-facilitate this program in the future. If you are interested in working with the R&DVSA training team or attending the training as a participant, please email [info@hsu.asn.au](mailto:info@hsu.asn.au)

We look forward to hearing from you!

## Learning outcomes

- Understand the construct of vicarious trauma;
- Differentiate vicarious trauma from burnout;
- Understand what contributes to vicarious trauma;
- Recognise the symptoms of vicarious trauma experienced by self and others;
- Identify key individual and organisational vicarious trauma management strategies;
- Understand the role of psychologically safe workplaces in the management of vicarious trauma

