



VICARIOUS TRAUMA: DEVELOPING SKILLS FOR INCREASED RESILIENCE (2 CEU)



Presented by
Isis Bey, LCSW, CCTP II

Explore the symptoms of vicarious trauma and develop coping skills to increase self-care and resilience.

Contact: mespitia.naswca@socialworkers.org

COURSE OBJECTIVES:

- Describe the difference between vicarious trauma and compassion fatigue.
- Explore and develop an increased understanding of "burn out."
- Identify skills and develop a self-care plan that can be implemented as a daily practice.

**MARCH 17.
1 - 3 PM PT.
VIRTUAL.**

**NASW MEMBER: FREE
NONMEMBER: \$20**