

TUMWATER

DEVELOPMENTAL DISABILITIES ADMINISTRATION

CONTINUING EDUCATION TRAINING



September 17, 2019

9 AM to 4 PM

6 CEUs

Recognizing and Mitigating Vicarious Trauma

Counselors are not the only ones consistently exposed to pain and suffering of others. By the very nature of the role, Care Providers are exposed not just to descriptions of trauma, but become intimately involved with the physical manifestations of trauma.

In this important workshop, you will work on:

- Defining and differentiating between Compassion Fatigue, Burnout and Vicarious Trauma
- Trauma's effect on the brain and how it spreads to others
- "Big T" versus "little t" and the effects of both on the caring professional
- Recognizing the signs in self and other
- Strategies and techniques for mitigation: Self Care and Professional Help
- Tips and tools for self-management and boundary setting

You will also generate a personal list of resources and best practices to support and extend your own short and long-term profession health.

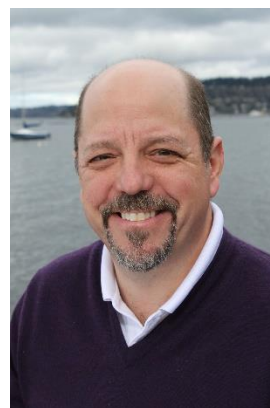
[Click here to register](#)

Presented by Woody Pollock

Woody Pollock attended the University of Idaho and LIOS Graduate College of Saybrook University. He has a Bachelor's Degree in Public Communications and a Masters in Psychology with a concentration in Systems Counseling.

He has worked in the fields of leadership, education, and training for over 20 years, and has supported individuals, families, and groups as they connect more deeply with themselves and others in a variety of settings.

Woody specializes in working with youth, adults, and diverse populations in a therapeutic counseling setting. He has extensive background in alternative and experiential education, working with youth as a mentor and vocational teacher, and with adults as a facilitator for leadership and group development. He's also a community trainer for national curricula, delivering evidenced-based parenting, prevention, and mental health programs across the state.



Tumwater DDA, 6860 Capitol Blvd SE, Bldg 2, Third Floor, Olympia, WA 98504

Take the stairs or the elevator to the 3rd Floor. Directly to your left is the Reception area. You must attend all of the training to receive a certificate. Class starts promptly at 9:00, if you are late you may be asked to sign up for a future training.

Class Size: Limited to 36 Participants

Additional classes are listed online at [DDA Provider Training Opportunities](#)