

Building Resilience: Preventing, recognising and overcoming burnout, vicarious trauma, compassion fatigue and stress

A workshop with Dr Amanda Nickson

When: Thursday 8th October, 2020
9.00am – 12.30noon, Morning tea provided

Where: North Qld Domestic Violence Resource Service,
Level 1, 390 Flinders Street, Townsville

Cost: \$60 AASW Members; \$70 Non-AASW Members
\$20 Students

Dr Amanda Nickson will be offering social workers and human services professionals this valuable professional development opportunity. The workshop is based on best practice research and will guide participants through how to build resilience, recognising compassion fatigue, vicarious trauma and stress and provides some experiential exercises to practice building self-compassion.

Dr Amanda Nickson will help you understand the indicators of burnout, vicarious trauma, compassion fatigue and stress. We all work with vulnerable and complex clients and may find we put their needs above our own emotional and physical self-care needs. Dr Nickson will provide strategies to assist you to build resilience, understand when to seek professional help and utilise what is available to you such as supervision, peer supervision, peer consultation and mentors. Next, some practical strategies to assist you survive and thrive in your caring role and there are some experiential components of the workshop including exercises on self-compassion and a meditation. The workshop is suitable to all those who care for others in their professional role.

Learning Outcomes:

At the completion of the workshop participants will:

*Understand the indicators of burnout, vicarious trauma, compassion fatigue and stress



*Know how to debrief and destress –including strategies for self-care, self-compassion, wellness plans and supervision options

*Know how to build resilience, using the strengths approach

*Participate in two experiential exercises

*Know when to seek professional help

*Know how to build a support network, including possible peer supervision / peer consultation and mentors

Presenter Details: Dr Amanda Nickson is a social worker with over 30 years of experience and has expertise in supervision and adult education. She is passionate about helping individuals and organisations reach their full potential. She has a reputation for delivering quality, AASW endorsed training. To learn more, visit Interactive Solutions at <https://www.interactivesolutions.org.au>

REGISTER ONLINE at <https://www.eventbrite.com/e/building-resilience-preventing-compassion-fatigue-and-vicarious-trauma-tickets-117482113163>

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