



**Society of Professional Social Workers (Inc.)**

PO Box 6573, East Perth, Western Australia 6892

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[www.spsw.net.au](http://www.spsw.net.au)

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## **Vicarious Trauma and Compassion Fatigue**

**Presented by Dr. Barbara Meddin, B.A., M.S.W., Ph.D., F.S.P.S.W. M.I.P.P.A./WA**

**Wednesday, Dec 9<sup>th</sup>, 2020**

**CPFS, Cannington**

**Mason Bird Building, 303 Sevenoaks, Cannington**

**8:45 am – registration for 9:00 am prompt start – 4:30 pm**

### **Parking Directions Supplied with registration confirmation**

SPSW is pleased to present its workshop, Vicarious Trauma and Compassion Fatigue presented by Dr. Barbara Meddin, a well known and respected social work practitioner, supervisor, and trainer. This workshop is aimed at assisting human service workers to understand what vicarious trauma is and to develop the skills and knowledge required to realize they may be at risk of vicarious trauma or are experiencing it as a result of work they do.

Do you feel

- Tired all the time
- Have trouble sleeping
- Are concerned you can't cope
- Is the job you once loved distressing or creating anxiety
- Perhaps you think you need to take control of your life

If this is the case then this workshop is for you

Goals of the workshop

- Identify what is the hard, stressful, or frustrating part of your job
- Ascertain what make you feel like you've had it, I've got to get out of here
- Understand what causes stress and burnout
- Appreciate how stress and burnout leads to vicarious trauma
- Become aware of what are the symptoms of stress and burnout
- Discover what you can do to deal with them
- Find out how you can take back control of your daily work and begin enjoying it again

***NOTE: SPSW WORKSHOPS ARE NOT JUST FOR SOCIAL WORKERS BUT OPEN TO ALL HUMAN SERVICE WORKERS***