

ViveBene and the Vicarious Trauma Institute

present

You Care so Much for Others, Who is Caring for You? Understanding Vicarious Trauma

for legal, mental health, medial, financial, teaching, business, judicial, law enforcement and human resource professionals

The Vicarious Trauma Institute (VTI) has been working with professionals effected by Vicarious Trauma (VT) for many years. The co-founders of VTI will be in the Triangle area of North Carolina in late January to present a half-day seminar to professionals who are at risk of being effected by Vicarious Trauma.

What is Vicarious Trauma? It is what happens to your cognitive, physical, psychological, emotional and spiritual health when you listen to traumatic stories day after day, or respond to traumatic situations *while having to control your reaction*. You have probably heard about it recently in relation to the Fort Hood shootings, or perhaps you have thought that some of your co-workers seem to be less effective or depressed. Maybe you thought this was just the culture of your organization, and you watch as your younger colleagues become a part of that culture. VT is a silent thief that can rob helping professionals of their well-being. There should not be any shame associated with Vicarious Trauma. It should be recognized as a response to hearing so many sad, horrific, and discouraging stories while having to contain your response as a part of your role as a helping professional.

Please join us for an informative presentation that will cover the following topics:

- **Recognizing and treating symptoms of Vicarious Trauma**
 - Physiological, cognitive, emotional, and spiritual
- **The Miracle Worker Reverie**
 - Recognizing and respecting one's own limits
- **The Neuroscience of**
 - Controlled Empathy, Trauma, and Vicarious Trauma
- **The Rapid Advance Process**
- **Professional and organizational strategizing**
 - Balancing caseloads and staffing difficult cases
- **General coping strategies**
- **Creating professional safety**

VTI
co-founders



Ellie Izzo, Ph.D.



Vicki Carpel Miller,

LMFT

Vicarious Trauma Institute

The time has come to understand it, recognize it and treat it. Dr. Izzo and Ms. Carpel are pioneers in the field of Vicarious Trauma. They have combined their unique skills and experience to help the world's helpers find relief from the effects of Vicarious Trauma, which is a silent thief that can rob caring listeners of their well-being. VTI is your source to help you to renew and revitalize the helping spirit of the caring people in your organization. Contact VTI to begin customizing a session for your next event.

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