



MEN & HEALING

Training and Consultation

Keeping the Spirit Alive:

a two-day training on the management and prevention of vicarious trauma

Description

For professionals who counsel men and women with histories of childhood abuse, vicarious traumatization (VT) is an occupational hazard. As a result of being repeatedly immersed in their clients' stories of terror, cruelty, and despair, it is virtually impossible not to feel some degree of personal disturbance and disorientation. The difficult interpersonal dynamics practitioners often experience with their clients also contributes to this phenomenon. The risk of VT is particularly acute for those professionals who have themselves experienced childhood abuse and trauma.

Keeping the Spirit Alive focuses on the personal and professional activity that trauma workers need to engage in if they are to insulate themselves against VT and stay energized as helping professionals. It is time to dispel the myth that trauma work does not affect the trauma worker, and to break down the barriers to discussing this topic.

The intention of ***Keeping the Spirit Alive*** is to create a safe environment for acknowledging the toll that trauma work takes on trauma workers. It then aims to build knowledge and practices for reducing VT, as well as for experiencing the rewards of doing trauma work. Combining educational and experiential exercises, this training will strengthen counsellors' clinical work and help them build anti-VT strategies into their work and personal lives.

Audience

This training is ideal for healthcare professionals, case counsellors, justice workers, victim services as well as other front-line staff who have some clinical engagement with clients. A counselling background is necessary to benefit from all aspects of this training.

Note: Given the experiential nature of this training, two trainers are required to deliver ***Keeping the Spirit Alive***.

Curriculum Detail

Both Days - 9:00 a.m. to 4:30 p.m.

Welcome, Introductions, Opening Exercises

VT – Naming It, Assessing It:

- The VT Trauma Construct
- The Naming of VT
- The Shift in the Trauma Field
- General Signs and Symptoms

Personal Explorations of VT: Exercise

Underlying Factors of VT:

- Varieties of Empathy
- The Nature of the Work
- The Nature of the Clientele
- The Nature of the Helper
- The Nature of the Workplace
- The Nature of the Social/Cultural Context

The Role of Countertransference in VT:

- Definitions of Countertransference
- Projective Identification
- The VT-Countertransference Cycle

Group Exploration of VT: Exercise

VT Prevention & Management: Means of Transformation

Conclusion: The Rewards of Trauma Work

Closing Remarks & Evaluation

Lead Trainer

Rick Goodwin, MSW, RSW **Clinical Director**

Rick is a clinician and trainer on issues concerning men's mental health. Much of his work over the past 20 years has focused on male sexual trauma – managing both regional and national initiatives in Canada. Aside from being the Clinical Director for *Men & Healing: Psychotherapy for Men*, he is also the Clinical Trainer for the American non-profit organization *Lin6, Inc.* where he conducts training for professionals on issues of trauma and recovery as well as facilitates their online trauma recovery group programming.

His training work on engagement strategies concerning gender, violence and trauma has taken him throughout Canada and the USA as well as Jamaica, England, Japan, Guam, South Korea, Cambodia and India.

Among his publications, Rick co-authored *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) – a guidebook is now being used to formulate services internationally. He also co-authored the upcoming Australian guidebook *Foundations* (2017) and contributed to three other edited books on the subject. Additionally, Rick was the author for Health Canada in their investigation concerning the correlation between men's experience of HIV and sexual violence.

Rick is the inaugural recipient of the *Attorney General's Award of Distinction* for his work in “developing and implementing innovative victim service programs” (2007).

Additional Information

- Participant handbooks with copies of all presentation materials and other useful resources can be made available.
- Training content can be adapted to the needs of specific audiences.
- An evaluation can be conducted, including a summary of findings prepared for organizers and/or funders.

“Monica and Rick were excellent facilitators. The materials were well organized! Everything was extremely well done. Thanks for a wonderful two days.” - Training Participant

For training fees and scheduling, please contact:

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