

# Workshop: Vicarious Trauma, Burn out & Self-Care

This one day workshop will provide an understanding of the concepts of Vicarious Trauma (VT), Compassion Fatigue and Burnout. Participants will learn to identify risk factors and the warning signs in themselves and colleagues; why and how work in the area of trauma can cause these responses; and ways to prevent and address Vicarious Trauma and Burnout. This workshop is interactive and will include individual and small group reflection.

This workshop is appropriate for anyone who is involved in supporting traumatised people from refugee backgrounds.

**When:** 25th November 2014 from 9:30 to 4:30pm

**Where:** Brisbane Multicultural Centre at 28 Dibley St, Woolloongabba.  
Rooms: 5 & 6



**Cost:** \$100 students, volunteers, unwaged and QPASTT members.

\$150 all other registrations. Costs include morning tea, light lunch and hand-outs.

Workshop facilitators:

**Megan Leitz, Direct Services Manager, QPASTT**

Megan has a Bachelor's degree in Science and a Masters degree in Counselling. At the start of her career she worked in the U.S. as a clinician at a Mental Health Centre providing counselling and delivering group work for adults, young people, children, and families. During her time at the Mental Health Centre she also became the Coordinator of the Centre's Substance Abuse Program and was involved in the development of a women's DV refuge and facilitating debriefings for emergency services workers. After moving to Australia in 2005, Megan has worked as a family counsellor, a group facilitator and as the Coordinator of the Respectful Relationships Project for young people. She is currently the Direct Services Manager at QPASTT where her role is to provide effective service delivery governance across the organisation, to ensure organisational compliance with current and accepted practices and to ensure service delivery maximises client outcomes.

**Lois Whiteman, Clinical Services Manager, QPASTT**

Lois holds a degree in social work from the University of Queensland. She has been practising in social work for over thirty years with a focus on counselling and therapeutic work within a systemic framework. In the last fifteen years she has specialised in trauma work, particularly refugee trauma and adults with early childhood trauma. Lois has either worked at or been associated with QPASTT services since 1997 providing counselling, supervision and training. Her current position at QPASTT is Clinical Services Manager.

Her professional interests include clinical supervision, depth psychology in and its application to trauma recovery, somatic approaches, sandplay and dream work. She is also a qualified yoga teacher.



**To register, complete the registration form on the back and send it to [qpastt\\_training@qpastt.org.au](mailto:qpastt_training@qpastt.org.au). Please also write to this same email address for further information.**

## Registration Form

Workshop & Date: \_\_\_\_\_

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_ Position: \_\_\_\_\_

Postal address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Specific learning requirements: \_\_\_\_\_

Special dietary requirements: \_\_\_\_\_

### Payment method:

1) Cheque Payable to QPASTT- Mail it to: PO BOX 6254; Fairfield QLD 4103

2) Direct Deposit:

BSB: 633-000

A/C: 121602437

Please **indicate your name** in the **description column** and attach remittance to the registration form.

### Terms and Conditions:

#### Required documentation:

For those seeking to register and pay as a student, volunteer or QPASTT member: a photocopy or pdf of a valid full-time student card and/or a letter from the manager of the organisation at which you are volunteering must be forwarded with this registration form. Participants seeking to register for a workshop marked on this training calendar with \* or # must include a QPASTT Certificate of Attendance for the relevant pre-requisite training, or a letter from an employer which demonstrates more than one year's paid work or volunteering experience in the sector.

#### Payment:

QPASTT requires payment on registration. The workshops are capped at a maximum number of participants. Registration closes 24 hours prior to the workshop/session depending on availability of places. A receipt will be sent when payment has been received.

#### Cancellations:

A full refund will only be granted for cancellations received up to 14 working days prior to the day of the event. Cancellations received less than 14 working days prior to the day of the event will incur a 30% cancellation fee to cover administration costs. Fees will not be refunded for cancellations received the day before or on the day of the event. QPASTT reserves the right to cancel workshops and sessions where a minimum number of participants has not been reached. Where QPASTT has cancelled a workshop or session, registered participants for those workshops or sessions may transfer to another workshop/session or request a refund.

#### Transferring to another workshop/session:

A registration may only be transferred from one workshop/session to another if notice is received within 7 working days of the original workshop/session.

