

# COMPASSION FATIGUE/VICARIOUS TRAUMA TRAINING

***OVC's Training and Technical Assistance Center (OVC TTAC) provides training to support professional development, enhance services to the community, and expand outreach to underserved victims of crime.***

OFFICE FOR VICTIMS OF CRIME  
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***If you provide direct services to victims of crime, you may be at risk of experiencing compassion fatigue and vicarious trauma—a condition that is common among professionals who work directly with victims of trauma.***

This training uses case studies, role-playing, and other interactive exercises to develop skills and insight to explore self-care techniques and strategies that allow victim service providers, first responders, and others who work with victims to help ensure balance and self-care.

#### **BY PARTICIPATING IN THIS 2-DAY TRAINING, YOU WILL:**

- Recognize and address the early symptoms of compassion fatigue and vicarious trauma, which may include hopelessness, stress and anxiety, negativity, and a loss of pleasure in chosen activities.
- Develop resilience and healthy coping skills to keep compassion fatigue from interfering with an effective professional life and a balanced and enjoyable personal life.
- Create a professional and personal care plan to minimize the risk of experiencing vicarious trauma in your work and in the work of your staff.

CEUs are available upon successful completion of the training.

## HERE'S HOW TO GET STARTED

#### **APPLY EARLY.**

Request a training at least 90 days prior to the event date.

#### **LET PEOPLE KNOW.**

Conduct outreach to local and regional partners to participate in the training. Enroll up to 40 participants, but there must be a minimum of 30 participants at the training.

#### **FIND A PLACE TO HOLD THE TRAINING.**

Secure a training facility and cover facility costs (including audio-visual equipment).

#### **RELAX.**

OVC TTAC will arrange for the training event to meet your needs on your schedule.

