



RESILIENCY IN TRAUMA-EXPOSED WORK

UNDERSTANDING & ADDRESSING THESE UNIQUE STRESS ENVIRONMENTS

An intensive enhanced webinar developed by Dr. Patricia Fisher, R.Psych., L.Psych.

Working in fields where we are exposed to high stress and trauma, both directly and indirectly, provides a unique pathway to personal and professional growth and the development of an informed wisdom. However, work in these areas also increases our risk for serious stress, burnout and trauma effects. Fortunately, extensive research over the past decade provides grounded approaches to effectively address stress in trauma-exposed workplaces.

This workshop will provide a solid framework to understand the mechanisms of stress and resilience within trauma-exposed environments, and will introduce practical, best-practices approaches to increasing resilience and enhancing individual wellness and organizational health.

COURSE CONTENTS

This intensive program supports participants by:

- Exploring the unique properties of trauma-exposed work and the critical need to enhance resilience
- Applying the Complex Stress Model of Workplace Stress, which incorporates both the system-based stresses and traumatic stresses (direct trauma and vicarious trauma)
- Recognizing and normalizing the wide range of physical, mental, behavioral and relationship responses to chronic stress
- Understanding the cause and effect relationships between the relative risk for systemic and traumatic stress, self-care strategies and stress-related outcomes
- Identifying the personal changes participants have experienced during their time in the field (areas of growth and areas of concern)
- Applying the workshop learning to each participant's personal experience and future planning
- Considering the workshop information as it applies to participants' workplaces, organizations and occupational sectors

WORKSHOP FORMAT

This lively and engaging enhanced webinar supports participants in meeting their goals using:

- Illustrated instruction and reflective exercises
- Assessment tools and applied planning tools and exercises

Each participant will receive:

- a copy of the *Workshop Participant Booklet* containing the overheads and a reusable self-assessment tools.
- A copy of the course workbook: *Resilience, Balance & Meaning: Supporting our lives and our work in high stress, trauma-exposed workplaces*

