

Trauma Awareness Workshop Series

Understanding Vicarious Trauma and How to Manage It

Session 4



Limited spaces available
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www.mnccc.edu.au/whatson

Working in a 'help' profession can be incredibly rewarding. You get the chance to make a real difference in people's lives by offering support and guidance through difficult times. However, constant exposure to trauma can take its toll. This is where vicarious trauma comes in.

What is Vicarious Trauma?

Vicarious trauma, sometimes called compassion fatigue, is a psychological response that occurs when someone is repeatedly exposed to the traumatic experiences of others. It's like second-hand emotional pain. While not the same as Post-Traumatic Stress Disorder (PTSD) experienced by someone who directly experiences trauma, it shares some similar symptoms.

Who's At Risk?

Anyone who works in a help profession is at risk of vicarious trauma, but some roles see higher rates. Visit our What's On page to read more.

AT A GLANCE

COURSE STRUCTURE

Interactive Classroom, includes case studies and group discussions.

EVENT DETAILS

Date: Thursday 27 Nov 2025

Time: 9:30 am - 12:30 pm

Venue: 77 Hastings River Drive PMQ

COST

- FREE for MNCCC Alumni of Certificate III Individual Support OR
- \$55.00 for General Attendee

YOUR FACILITATOR

Dr Robbie Lloyd

[PhD in Critical Social Sciences]

will lead a highly experienced panel to deliver this session.

The content of this workshop may be stressful and may be a trigger for some individuals. Be intentional about looking after yourself and others.