

Preventing Vicarious Trauma

An Interactive Training Workshop – 4 Hours



This training is relevant to anyone in emotionally demanding roles, who may encounter traumatic stories or events.



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Preventing Vicarious Trauma - Course Details

This interactive and practical workshop is designed to help workers recognise, prevent, and manage Vicarious Trauma (VT) in the workplace. VT can have a profound impact on individuals and organisations, and this session offers evidence-based strategies to mitigate its effects.

Participants will:

- Increase their understanding of trauma and its impacts in the workplace.
- Learn to identify the early warning signs of Vicarious Trauma.
- Locate VT “hot spots” within their roles.
- Understand how trauma affects the brain and body.
- Discover the most common pitfalls that lead to VT—and how to avoid them.
- Develop skills in boundary-setting, debriefing, and peer support.
- Learn practical tools for monitoring and supporting team wellbeing.
- Understand coping strategies and how they can help or hinder.
- Be able to identify signs of VT early.
- Leave with a checklist to help prevent VT in their roles.
- Gain a toolkit of practical, evidence-informed strategies to reduce VT in their teams.
- Feel more confident in maintaining psychological safety in the workplace.
- Have a better understanding of which coping mechanisms will prevent and help to manage VT.

By increasing trauma literacy and embedding protective coping practices, this workshop helps build resilient, high-functioning workplaces where staff feel safe, supported, and effective.