

Fighting Vicarious Trauma with Collective Care & Justice-Doing *with Vikki Reynolds, PhD*

In this experiential workshop we'll address:

- Organizational cultures of resiliency
- Understandings & critiques of "Trauma" and behaviours: Intrusion/hyperarousal/avoidance
- Normalizing our responses to oppressive experiences
- Self regulation and co-regulation
- Resident-centered ways of understanding burnout and vicarious trauma
- Relations of respect and dignity between staff as a resource against burnout
- Responding to death: differentiating tragic death from death as part of life
- A frame for Debriefing and commitments to collective care
- Strategies for sustainability: Resistance, resilience and "Traumatic Growth"
- Connections on the "practice as research" we are creating

10AM-4PM Tuesday, June 19th

**Chinese Alliance Church,
22 Eccles
RSVP: [eventbrite]**



Vikki offers an alternative approach to the notion of 'vicarious trauma' and worker burnout in this experiential workshop. Workers responding to the overdose epidemic, working with people struggling with addiction, poverty, violence and oppression are often told that they will 'burn out', and that it is the connection to the client's pain that 'traumatizes' them.

But clients don't harm us, nor does their suffering, it is the spiritual ethical pain that follows when we are unable to work in ways that are ethical, dignified and structurally supported. When we stay with connection, resist disconnection and enmeshment we are able to do 'collective care' as opposed to self-care.

We shoulder each other up by working in line with our collective ethics and enacting what is at the heart of our work. Bringing hope is an ethical response to despair, and we'll consider how to keep a finger-hold on a believed-in-hope amidst the darkness of tragic death and mean spirited politics. And that leads us to the 'Zone of Fabulousness', where the people we are here to serve are at the centre, and we are 'walking our talk' collectively.

