

## **New Training Opportunity!**

### **Recognizing Vicarious and Secondary Trauma for Professionals (Compassion Fatigue)**

The Pennsylvania Department of Drug & Alcohol Programs (DDAP) is pleased to announce the availability of a new training on Compassion Fatigue.

#### **Recognizing Vicarious and Secondary Trauma for Professionals**

**Trainer: Lakeside Global Institute**

The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard.

In this two-hour workshop participants will:

- Identify and distinguish between the various ways trauma impacts professionals
- Recognize signs and symptoms of secondary traumatic stress for individuals and organizations
- Distinguish the difference between compassion fatigue and empathy fatigue
- Discover risk and protective factors related to secondary and vicarious trauma
- Develop a self-care plan

Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

#### **How to Attend**

The 2-hour '**Recognizing Vicarious and Secondary Trauma for Professionals**' course is now available in DDAP's [online](#) Training Management System for request and registration.

Please contact your Single County Authority (SCA). Your SCA can make the request to hold an event in your area. If your SCA is unable to make the request, please contact DDAP's Training Section at [ra-datrainig@pa.gov](mailto:ra-datrainig@pa.gov).

DDAP Training Section