

Vicarious Trauma Training



PREFERRED TRAINING NETWORKS



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DEVELOPMENT
ADVISOR**

Vicarious trauma can sneak up on even the most experienced professionals. This course is designed to help your team recognise the warning signs, manage emotional fatigue, and develop habits that protect their wellbeing in high stakes, people-facing roles. Because if your team burns out, nobody wins.

From social workers to nurses, customer service teams to emergency responders, this training helps people stay grounded while doing emotionally demanding work.

It's not just about raising awareness. It's a hands-on course that gives staff real tools to stay steady while supporting others. You will learn how to build healthy boundaries, debrief effectively, and develop workplace strategies that reduce stress over time.

KEY COURSE CONTENT

- Spotting the early signs of vicarious trauma
- Understanding how trauma impacts the nervous system
- Building boundaries (without guilt!)
- Recovery strategies to support ongoing mental health
- Creating trauma-aware communication habits
- Recognising and addressing burnout
- Debriefing techniques for emotionally heavy cases
- Developing team-wide resilience strategies
- Reducing secondary stress in client-facing environments

NUTS AND BOLTS



Target Audience

Frontline & Client-Facing Staff



Duration

This course is available as a 1-day course or a truncated half-day course.



Delivery

This course can be delivered both in-person or virtually.



Group Size

Recommend a group size of 6-12 people.



Resources

Participants receive a certificate of completion & opt for a free follow-up refresher course with the original trainer

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