

# Holistic Approaches for Transforming Vicarious Trauma Related to Exposure to Traumatic Experiences and Acts of Terror: For Social Work and Mental Health Practitioners

*With Rachel Michaelsen, LCSW*



Bearing witness to the personal traumas of our clients and exposure to public traumas such as gun violence and terrorism, can result in vicarious traumatizing (VT) for helping professionals. VT can negatively impact one's professional work and personal life. Learn holistic approaches to prevention and addressing vicarious traumatization. In this course participants will assess their level of vicarious traumatization, learn and experience a variety of techniques for addressing VT (including art, breath work, visualization and methods from energy medicine and energy psychology) and develop a plan to prevent and address VT.

*This course meets the BBS and CPA requirement for 6 CEUs.*

*CEUs are provided by A Better Way, Inc., Provider # PCE3870.*

*Participants must attend all hours to receive CEU credit.*

## Course Objectives

- Explain at least 4 potential ways vicarious traumatization can impact helping professionals in their work and personal lives;
- Recognize and assess at least 3 signs of VT in themselves;
- Describe at least one art therapy technique for addressing VT;
- Develop an individualized prevention and intervention plan;
- Use at least 2 visualization techniques to address VT;
- Describe 2 breathing techniques to address fight or flight;
- Implement at least two energy medicine or energy psychology techniques to address VT.

**Thursday, September 8, 2016**

**9am-4pm**

*(Registration 8:30am)*

Register here:

<https://abetterwayinc.wufoo.com/forms/z1s46f501cw8p1o/>

**Berkeley, California**

*(Address in confirmation email)*

**Rachel Michaelsen, LCSW**, Diplomat in Comprehensive Energy Psychology, has taught helping professionals to recognize and address vicarious traumatization in a variety of mental health and social services settings over the past 15 years. She has integrated this work with a variety of holistic, energetic and creative interventions including at the 2015 and 2016 conferences of the Association of Comprehensive Energy Psychology.

A Better Way, Inc. trainings are sponsored in partnership with either Chabot Los Positas Community College District and Alameda County/Solano County, or City College San Francisco depending on training location. Trainings are contracted and funded by The Federal Foster Care Program Title IV-E funding.

This Title IVE training is intended as a resource for County foster and adoption care providers and County staff members that provide support and assistance to these care providers. Please feel free to distribute this registration to your IVE qualifying County staff, IVE qualifying partners in the community, etc.