

McHenry County Behavioral Healthcare Network Continuing Education Program

Sponsored by:
McHenry County Mental Health Board

Vicarious Trauma: Understanding and Addressing the Effects of Working with People with Traumatic Backgrounds

Presented by: Shira Greenfield, LCPC

Date: Friday, March 18, 2016

Cost: Free

Time: 9:00 am. – 12:00 pm. *Registration starting at 8:30 am.*

Location: McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake, IL 60012

***CEU's:** 3 CEUs for professional counselors/clinical counselors and social workers.

All attendees will receive a certificate of attendance

IAODAPCA CEUs Pending

Registration is limited to 75 participants

Registration due by Monday, March 14, 2015

PROGRAM OVERVIEW

Bearing witness to the traumatic lives of our clients can create cumulative stress in lives of mental health professionals. In fact, we may feel as though we have been traumatized by the stories of our clients. Vicarious trauma can have impacts upon a person's professional and personal life. For persons in the helping professions, it becomes important to understand the signs of vicarious trauma, how to distinguish between vicarious trauma and burnout, and how to cope with the stress of caring for others. This presentation will provide an overview of the definition of vicarious trauma, how to distinguish it from burnout, and what to do about it.

PROGRAM OBJECTIVES

After this training, the participant will be able to do the following:

- To describe differences between burnout and vicarious trauma
- To describe the personal and professional consequences of vicarious trauma
- To recognize warning signs
- To articulate ways to cope with stress of exposure to other people's traumatic events

PRESENTER

Shira Greenfield is a Licensed Clinical Professional Counselor. Shira received her Masters degree in counselor education from the University of Iowa in 1985. Since then she has worked as a therapist, a crisis intervention worker, a diagnostician, a clinical manager and an educator. She is currently the Clinical Manager for Centegra Health System's Outpatient Behavioral Health Services.

Shira has taught classes and seminars on a variety of topics at many area venues such as Kishwaukee and Valley West Hospitals, McHenry County College, Elgin Community College and Del Webb's Sun City. She is always a highly rated speaker who is known for her down-to-earth style.

TARGET AUDIENCE

Clinicians, counselors, social workers and case managers, peer specialists, mental health professionals, and other helping professionals

To register: You can register online at www.mc708.org or please contact:

Kristen Doherty: Phone (815) 788-4399 / Fax (815) 455-2925 / Email kdoherty@mc708.org

Please have one person call/fax/email your agency's registration information

Complimentary translation provided upon request.

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McHenry County Mental Health Board Training Registration

Name of Training: Vicarious Trauma: Understanding and Addressing the Effects of Working with People with Traumatic Backgrounds

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Location: McHenry County Mental Health Board

Time: 9:00 am – 12:00 pm

Agency:

[Redacted Agency Name]

Cost: Free

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