

# 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, June 24, 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 Approved for Counselor II, CARS II, MISA I or II, PCGC II, CCJP II, CAAP II, CRSS I or II, MAATP II, NCRS II, CFPP II

**Registration is limited to 75 participants and is due by Friday, June 17, 2016**

### 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:

- Describe differences between burnout and vicarious trauma
- Describe the personal and professional consequences of vicarious trauma
- Recognize warning signs
- 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](http://www.mc708.org) or please contact:

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

**Presenter:** Shira Greenfield, LCPC

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**Agency:**

[Redacted Agency Name]

**Cost:** Free

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Please return to Kristen Doherty: Mental Health Board, 620 Dakota Street, Crystal Lake, IL 60012  
 Phone (815) 788-4399/ Fax (815) 455-2925 / Email [kdoherty@mc708.org](mailto:kdoherty@mc708.org) (Include Agency name above.)