



Disaster Recovery and Resilience | Vicarious Trauma: Causes, impacts and strategies for coping

9:00AM - 11:30AM | Auditorim, Robina Community Centre
Tuesday 15th October 2024

This is a disaster recovery and resilience event for health professionals and those who work in the recovery space.

This session focuses the psychological impacts that might be experienced as a result of an individual's indirect exposure to other people's trauma. This is referred to as vicarious trauma. The session addresses how we can optimise organisational resilience and minimise the risk of vicarious trauma amongst disaster management and recovery personnel.

Topics include:

- What is vicarious trauma.
- How to recognise its signs.
- How to prepare for and recover from vicarious trauma exposure.

The session will explore specific strategies to promote wellbeing.

Speaker:

Dr Jacqueline Drew is an Associate Professor with the School of Criminology and Criminal Justice and Griffith Criminology Institute, Griffith University and holds a PhD in organisational psychology. With over 25 years of experience as a police psychologist, Jacqueline provides expert advice to law enforcement on organisational systems and personnel practices. Her work focuses on police burnout, mental health, and suicide prevention.

To register, complete the form via the QR code or visit the event webpage:

<https://gcphn.org.au/events/vicarious-trauma/>

