

## **Letter of appreciation from a Children's Emotional Trauma Therapist**

*"I just wanted to send an email to thank you so much for the Vicarious Traumatisation training that I did with you. I have used the skills learnt many times over. I have referred to the workbook many times and use it to remind myself of the risk of vicarious trauma if I start to feel overwhelmed in my work.*

*More recently after a particularly harrowing case in a school I work in, I was able to recognise signs of VT in some of my colleagues. The Headteacher, Head of Safeguarding and the Year Head, all suffered greatly due to this case and I was able to share what I learnt on your training - with them. The Safeguarding Lead had stopped doing her exercise and was having nightmares and trouble sleeping. The Headteacher was having intrusive thoughts and the Year Head was questioning her job and why she was doing it. I was quickly able to recognise signs of VT because of the training that I did with you and was able to encourage them to practice self-care and to understand that what was happening was about the trauma that they had heard/witnessed and how to healthily move on from it. They quickly put supervision in place and started exercising and felt better able to have a balanced view of their work again.*

*From my own experiences, I had become depressed and unhappy after dealing with trauma after trauma in my work. I was almost only noticing the darkness in the world and started to see the world as scary and unsafe. It affected me in many ways, but since your support and the training I have been able to better support myself.*

*My work is still challenging and I work with much trauma but by exercising, keeping notes, using my supervisor when I start to feel overwhelmed and by noticing those signs and symptoms that we learnt about, I am much better prepared and much more able to do my job without fear.*

*I cannot thank you enough for your support at that time. I only wish that I had done the training as part of my role before I started the work as I could have better supported myself when I became so very unhappy. I have been able to signpost many colleagues but also parents to the various resources that you shared and they have greatly benefited."*

Specialist Counsellor, supporting under-18s emotional trauma