

SAMPLE PROGRAMME

Half-day Online Workshop

Vicarious Traumatisation & Self-care

‘Help for the Helpers’

This sample programme outlines the agenda for the half-day ‘online’ version of the one-day face-to-face workshop. During the pandemic, this has enabled people to join from around the UK! Pre-workshop activities are: completion of the Drivers Questionnaire, helping people identify their own obstacles to self-care and watching the four short Introductory VODs. These resources are on the website.

9.00-10.00

Session 1 (1 hour)

Presenter introductions & group confidentiality
Agenda
Brief introductions in breakout room groups (2-4 people)
What VT is and why we need to know about it
Significance of Empathy
Signs of VT
VT Monitoring - exploring how you could use this checklist (Activity 1)

10.00-10.45

Session 2 (45 minutes)

The four essential elements for building support and resilience
Three important self-care activities

10.45– 11.05

Break (20 minutes)

11.05-11.50

Session 3 (45 minutes)

Both activities completed individually, before sharing with breakout partners
Identifying Obstacles to Self-care activity (Activity 2)
Identifying Personal Resources activity (Activity 3)

11.50– 12.00

Break (10 minutes)

12.00-1.00

Session 4 (1 hour)

Action Planning activity using Support & Self-care prompts
Activity 4 using Activity sheets (4a & 4b)
Whole group round-up of the day
Feedback

1.00

Close