



JOIN US FOR THIS 2 PART SERIES ON

VICARIOUS TRAUMA

AND SELF-CARE STRATEGIES FOR SCHOOL PROFESSIONALS

This training will explore the effects of vicarious trauma on those working in the educational setting and support participants in building self-care strategies.

Learning Objectives:

- Define trauma, overview of the ACEs study, and explore how childhood experiences may cause long-term psychological effects
- Define vicarious trauma and other related terms, signs and symptoms
- Reflect on protective factors
- Strategies for building resiliency and boundary setting in the workplace and classroom
- The importance of self-care and building a personal wellness plan

NO COST to Member Districts
ACT 48 Credits Available

SESSION ONE:
WHAT TO WATCH FOR AND
WAYS TO MITIGATE IT

SESSION TWO
CARING FOR OURSELVES AS
WE CARE FOR OUR CLIENTS

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QUESTIONS? Please contact
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