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

Questions? Please contact
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