

Center for Learning Connections

Workshop

Center for Learning Connections presents....

SECONDARY TRAUMA and how to reconcile its impact

"This workshop was originally developed and delivered in Seattle - King County by the Non-Profit Staff Development Coalition project (NPSDC). Due to positive feedback from participants and high demand for this training topic, the Center for Learning Connections (CLC) is now bringing this workshop to your area."

Tuesday, September 16, 2008 | 9 am - 4 pm | La Quinta Inn & Suits | 1425 E. 27th St. | Tacoma, WA 98421

As human beings, we are affected by our surroundings. When exposed to hardship, crises, stressful circumstances, and/or trauma we attempt to make sense of what we see, hear and experience the best we can.

*"...because suffering is not enough."
Thich Nhat Hanh*

In this workshop we explore how we are impacted by our society, work and/or careers. Through a larger backdrop of systematic oppression and liberation theory we come to understand the shifts that occur in us personally and professionally and why we adapt the way we do.

The workshop discussion focuses on how to reconcile what we experience in our work and the world around us in a way that is both compassionate and honest as well as accountable and sustainable. Whether one may be experiencing fatigue, cynicism, guilt, a sense of not doing enough or any other number of consequences of demanding work, we come to understand how we can make choices that will allow us to interact with our work and our lives in such a way as to remain true to ourselves and those we serve. While respecting the seriousness of the issues at hand, this path incorporates much humor and a profound sense of hopefulness by drawing on a broad base of clinical approaches, social justice theory and spiritual traditions.

PARTICIPANTS WILL GAIN:

- An understanding of the context within which secondary trauma takes place and why our organizations and our society have been slow to identify secondary trauma and support workers.
- An understanding of what to look for and how to know if oneself or one's colleagues are struggling with secondary trauma.
- An understanding of what to do about it. How to help oneself, one's organization, one's movement, and society at large while balancing being healthy and well AND doing work you care about.

TRAINER - LAURA VAN DERNOOT LIPSKY, MSW

CONTACT

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WORKSHOP FEE

Fee of \$160 includes snacks, lunch and all materials.

REGISTER ONLINE TODAY!! *(space is limited)*

To register online, go to:

www.learningconnections.org/clc/workshops/2008/sept16

FREE CLOCK HOURS / CEUs

Free Clock Hours are available after the workshop.

Participants can register for Highline Community College Continuing Education Units (CEUs) Before starting a course. The cost is \$10 per course. Participant should call Extended Learning at (206) 870-3785 to apply.