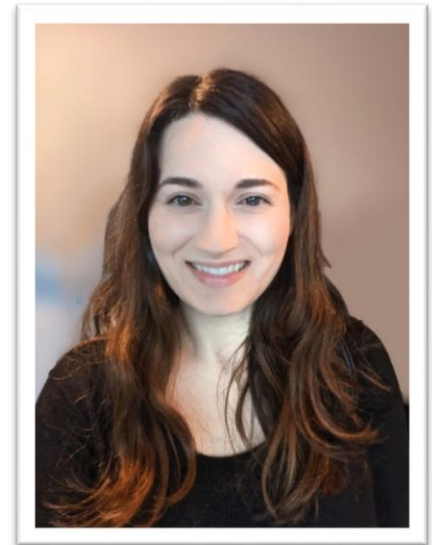

CYCWAM was able to send two practicum students from Voices: Manitoba's Youth in Care Network to attend Vicarious Trauma training provided by the Manitoba Trauma Information and Education Centre. They have provided us with their insights about their experience after attending this workshop!

The Vicarious Trauma training provided by the Manitoba Trauma Information and Education Centre (MTIEC) provided a helpful overview of vicarious trauma that will likely be experienced by all service providers at some point in their career. I really appreciated the approach taken by the facilitator, who was able to provide her own insights from her experiences with vicarious trauma as well as knowledge on how trauma affects our brains, minds, and physical health.

I felt that the facilitator fostered a learning environment in which participants felt comfortable sharing their related experiences in the field. This can be an incredibly challenging topic to discuss with individuals who work with others who have experienced trauma due to the shame and stigma associated with mental health. The facilitator demonstrated empathy as she discussed how helpers can have difficulty with feeling helpless, unable to contribute enough, chronic exhaustion, guilt, fear, anger, and cynicism. By sharing that all service providers will experience vicarious trauma at some point in their career, she allowed for an open and honest conversation about how vicarious trauma affects not only service providers individually but also how it affects people seeking help.



I found the tools provided during the training session were incredibly helpful and realistic for service providers to practice in diverse working environments. I recommend anyone working in social services to participate in this training as it not only explains the complexity of the effects of trauma but also how we can cope with and heal from vicarious trauma.

- Rachele Sorin

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Trauma Informed Counselling Workshop – Manitoba Trauma Information & Education Centre

Written and Submitted by: Margaret Campbell

Having just attended the subject workshop, I would like to thank Clinic and CYCWAM for this learning opportunity. As a Field Placement student (BSW) with Voices, this workshop about how to incorporate Trauma-Informed Practice in my Field Placement could not have been more fitting and well timed. It is only my second day of field placement. I am in a Concentrated Field Placement which means that I will be at Voices full-time from September 2023 until April 2024. Given that Voices seeks to meet the needs of Youth in Care and Transitioning from Care, fostering a trauma-informed organization is fundamental in caring for the Youth they serve.

The workshop was focused on the need for practitioners to maintain their own awareness of the impacts of Vicarious Trauma; the risk factors and the protective factors which become part of best-practices in mitigating the impacts of serving clients who have/are experiencing trauma. There were many 'take aways' for myself but most significant is awareness that the self-care recommended for us as care givers are actually an ethical responsibility. The prevalence of vicarious trauma suggests that the caregiver often minimizes the social, physical, emotional, mental and spiritual impacts of listening and supporting clients with trauma histories. Seen through the lens of ethics, I can find a further incentive to proactively process the traumatic events using the tools and practices outlined in the workshop such as mindfulness, self-compassion, self-care, awareness and recognizing that sharing trauma is also a sharing of energy. We need to take this energy on in order to support our clients but we also need to learn meaningful and impactful ways of setting that trauma down.

This workshop highlighted the importance of the role of supervision and peer support in order to proactively avoid the prevalence of vicarious trauma impacting ourselves, our colleagues and our organizations. The handout 16 Warning Signs of Trauma Exposure Response (van Dernoot Lipsky & Burk, 2009) expands on what the individual, peers, supervisors and organizational leads can be looking for in order to support the staff whose job requires them to bear witness to and hold space for the clients healing for the impacts of trauma. Some of these warning signs include Hyper vigilance, Inability to Embrace Complexity, Chronic Exhaustion/Physical Ailments and Inability to Empathize/Numbing. In the care of ourselves and our colleagues we position ourselves and our organization to be of maximum service to our clients.

The workshop was a powerfully put together half day workshop which presented a balanced presentation of the research and best-practices guidelines. There were plenty of opportunities to ask questions and share experiences. There were practices of guided mindfulness and awareness exercises which outlined the ease and minimal time required to begin a practice of self-care and self-compassion as a field placement student. I feel confident that over the course of my placement at Voices I will be given opportunities to support and be supported by my colleagues as we navigate caring for the Youth who we are privileged to serve.

We respectfully recognize that the places we work are located on original lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.

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ANGELA TAYLOR



NIIGAAN SINCLAIR



**IVAN FLETT MEMORIAL
DANCERS
MICHAEL, JACOB AND
CIENNA HARRIS**

ALLY-SHIP

From the Heart



Winnipeg, MB June 2024



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