

Secondary Trauma and Self Care

Program Description

This program is designed to introduce the concepts secondary trauma and how our work can impact our lives. Professionals providing services to vulnerable populations often feel frustrated and overwhelmed. This training will help professionals to understand the difference between secondary trauma, compassion fatigue, burnout, moral distress, and vicarious trauma. We will build an individualized plan focused on self-compassion, self-care, professional coping, and action-based resiliency so that we can be best prepared to help others.

Program Objectives

Upon completion of this program, participants should be able to:

- Explain the concept of secondary trauma.
- Describe how our professional lives can impact our overall well-being.
- Outline tools and strategies to minimize our work's impact on our bodies and minds.
- Create an individualized action plan.

Target Audience

This workshop will be beneficial to human service professionals and first responders, including psychologists, social workers, counselors, teachers, social workers, nurses, and administrators.

Program Agenda

10:00 AM	Welcome and Introductions Secondary Traumatic Stress
10:45 AM	Understanding Our Stress: Burnout and Related Phenomenon
11:15 AM	Self-Care as a Priority / Individualized Action Planning
11:50 AM	Q/A Discussion
12:00 NOON	Adjourn

Contact Hours

2.0 hours

Faculty

Kelly Graves, Ph.D., is a licensed clinical psychologist in the state of North Carolina. After serving as a tenured Associate Professor for a combined almost 16 years at UNCG and North Carolina A&T, Dr. Graves decided to pursue her passion of bridging research and practice by hanging up her academia hat and founding Kellin, PLLC and its non-profit partner the Kellin Foundation. Since that time, the Kellin Foundation has been named a partner with the National Child Traumatic Stress Network (NCTSN) for its expertise in community-based trauma recovery for children and families, which is the second site in the state of North Carolina behind Duke University. Dr. Graves is a consultant with the United States Department of Justice and has been invited to the White House under the Obama Administration to participate in think tank efforts around building community resiliency. She is also a training consultant with the UNC-CH School of Social Work's AHEC Training Partnership. She has successfully implemented dozens of large-scale grants totally over \$10 million dollars focused on community change and is an

accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. She developed the Greensboro Child Response Initiative, which is nationally recognized model by the US Department of Justice for best practices in responding to children exposed to violence. Her awards include the American Psychological Association Division 56 Trauma award, the Triad Business Journal Top 40 Leaders Under 40 awards, named as a Top Psychologist award with the International Association of Health Care Professionals, and several others. In her free time, she loves to spend time with her family and friends, cheering on her favorite sports teams, and reading.