

VICARIOUS TRAUMA AND COMPASSION FATIGUE – THE CHALLENGE OF ‘SECOND HAND SHOCK’

- ANTHEA MILLAR



onlineevents
Learning Together Online

Resource Guide

About Anthea Millar

I am a BACP Senior Accredited Psychotherapist and Supervisor with over 30 years experience, and am regularly invited to provide training in supervision and trauma therapy both in the UK and abroad.

Increasing my understanding of the most effective ways to work with trauma through ongoing specialised training has been a long time concern.

I am a founder and co-director of Cambridge Supervision Training, and co-author of '[Practical Supervision: How to become a Supervisor for the Helping Professions](#)'.



Anthea Millar



onlinevents

Event Details

Working in the helping professions mean that we are frequently secondary witnesses to the trauma and severe stress experienced by our clients. It is human and natural to be affected by other's suffering. However, the potential risk of 'Second-Hand Shock' (Ref: Izzo & Carpel Miller), which includes vicarious trauma, secondary traumatic stress, compassion fatigue, and burnout, is a major concern, taking its toll on many practitioners.

Anthea will introduce the multiple dimensions of second hand shock, including the neuroscience behind the phenomenon, the risks of empathy, and interventions enabling practitioner self-care.



Download PowerPoint Presentation

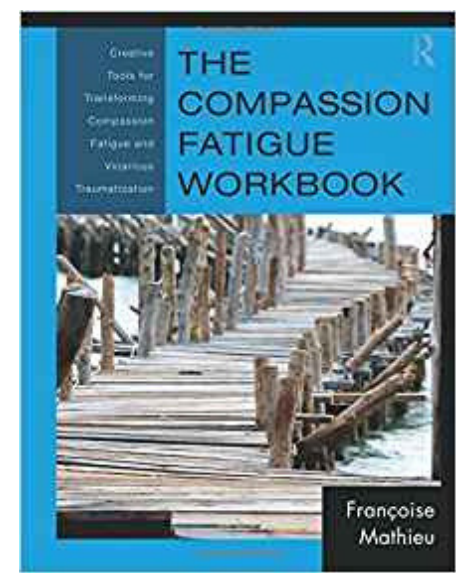
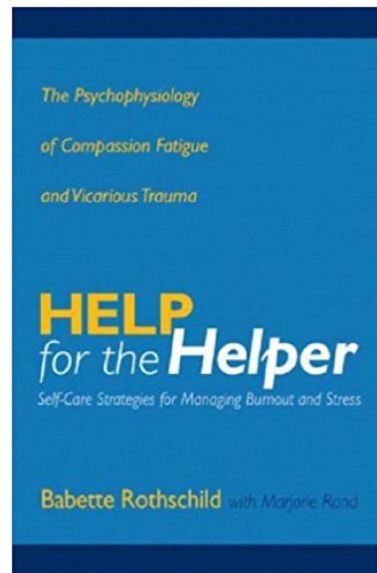
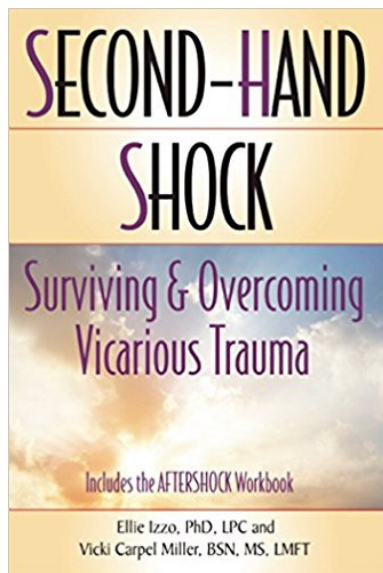
Anthea has generously offered to share her PowerPoint Slides
Please use the link below to download the slides which include links and downloads

[**CLICK HERE TO DOWNLOAD**](#)



Reading Suggestions

Click the books for more information and links to buy



Resources

Resources: books, articles and websites

From Cambridge Supervision Training

[CLICK HERE](#)



onlinevents

Contact

www.cambridgesupervisiontraining.com



01223 846884

Postal Address

8 Sefton Close

Cambridge

CB2 9HY



onlineevents

Have you recorded your learning?

Don't forgot to log 60min of CPD

[CLICK HERE
to Log in and log
your learning](#)

- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

REGISTER TODAY
to log your learning online



onlineevents

Watch again



Watch this event again in Onlineevents Online Library

Log In

Register

Onlinevents



John and Sandra (Saz) are a brother and sister team. Onlinevents is an online platform to learn and grow. We have a vision of making learning accessible to everyone without distinction of cost and time

Connect with **Onlineevents**

Click the images below

John



/ Onlineevents



/ Onlineevents

Sandra



/ Onlineevents_saz



/ sandraonlineevents

www.onlineevents.co.uk

Pinterest



Find us on

Facebook

Click [HERE](#) to join our FB group

LinkedIn™

Onlineevents Company page

Instagram