

SAMPLE PROGRAMME

Half-day Online Workshop Vicarious Traumatism & Self-care 'Help for the Helpers'

This sample programme outlines the agenda for the half-day 'online' version of the one-day face-to-face workshop. During the pandemic, this has enabled people to join from around the UK! Pre-workshop activities are: completion of the Drivers Questionnaire, helping people identify their own obstacles to self-care and watching the four short Introductory VODs. These resources are on the website.

9.00-10.00	<u>Session 1</u> (1 hour) Presenter introductions & group confidentiality Agenda Brief introductions in breakout room groups (2-4 people) What VT is and why we need to know about it Significance of Empathy Signs of VT VT Monitoring - exploring how you could use this checklist (Activity 1)
10.00-10.45	<u>Session 2</u> (45 minutes) The four essential elements for building support and resilience Three important self-care activities
10.45– 11.05	Break (20 minutes)
11.05-11.50	<u>Session 3</u> (45 minutes) <i>Both activities completed individually, before sharing with breakout partners</i> Identifying Obstacles to Self-care activity (Activity 2) Identifying Personal Resources activity (Activity 3)
11.50– 12.00	Break (10 minutes)
12.00-1.00	<u>Session 4</u> (1 hour) <i>Action Planning activity using Support & Self-care prompts</i> Activity 4 using Activity sheets (4a & 4b) Whole group round-up of the day Feedback
1.00	Close