Training Description:

Creating social change, helping people who suffer, and fighting various forms of oppression on daily basis, is difficult, traumatic, and draining. We, as agents of change, must take time to take care of ourselves, and develop daily practices to renew body, mind and spirit, in order to stay effective in our personal and professional lives.

This workshop will offer alternative healing and rejuvenation techniques to prevent secondary trauma and compassion fatigue, and open the way to compassion satisfaction. We will explore and practice breathing modalities, guided meditations, affirmations, gratitude fostering, and leaving work at work rituals. We will create a personal wellness plan together, and empower each other to use it.

Training Objectives:

- Recognize the impact of secondary trauma and compassion fatigue on the body, mind and spirit in sexual and domestic violence prevention work.
- Recognize the importance and essential nature of an effective wellness plan to sustain and nourish your personal and professional lives
- Recognize that societal change and healing begins with "ME"
- Discuss and practice alternative healing modalities found to be effective for centering, relaxation, and fostering compassion for self and others.
- Choose techniques that appeal to you for your wellness plan, and learn the ways to stick to your new routine.

Who Should Attend?

- Victim Advocates and Victim Service Providers
- Law Enforcement Professionals
- Counselors and Therapists
- Probation and Parole Staff
- Drug and Alcohol Specialists
- Magistrates and Attorneys
- Mental Health Professionals
- Faith Leaders
- Military Personnel and Command
- Batterer Intervention Specialists
- Healthcare Professionals
- Community Organization Staff
- Students and Educators

CELEBRATING 30 years OF ADVOCACY

This project was supported by Grant No. 2010-MU-AX-0017 awarded by the U.S. Department of Justice, Office on Violence Against Women. The opinions, findings, conclusions, and recommendations expressed in this program are those of the author(s) and do not necessarily represent the views of the U.S. Department of Justice.

Trauma Stewardship, Self-care, and Wellness: from Theory to Practice

January 9, 2013

Greenville County Library
25 Heritage Green Place
Greenville, SC 29601

January 22, 2013

SC Dept. of Juvenile Justice
Bill Rogers Community Connections Center
4900 Broad River Road
Columbia, SC 29212

SCCADVASA

About the Presenter, Olga Phoenix, MPA, MA

Outreach Advocacy Coordinator SCCADVASA

Olga Phoenix is a scholar, writer, and an advocate, dedicated to social change and interpersonal violence prevention. She recently joined SCCADVASA as an Outreach Advocacy Coordinator, working to identify and address the needs of historically underserved survivors of sexual and domestic violence and their children, especially immigrant women, survivors with limited English proficiency, LGBTQ survivors, women of color, and survivors in rural communities.

Ms. Phoenix's professional experience is in developing, coordinating and delivering comprehensive training curriculum to strengthen advocacy and intervention services for survivors of domestic, sexual, dating violence and stalking. Ms. Phoenix is especially passionate about trauma stewardship, wellness, and self-care, and regularly trains on secondary trauma and compassion fatigue prevention through alternative healing modalities.

Ms. Phoenix graduated with a Masters of Public Administration and Nonprofit Management from the University of South Florida, Masters of Arts in Women's Studies from Florida Atlantic University, and is currently pursuing her PhD in Women's Spirituality and Healing from the California Institute of Integral Studies.

Training Agenda:

9.30am-10am- Registration and Sign-in

10am-11.30am Trauma Stewardship, Self-Care, and Wellness: from Theory to Practice

a. What is Trauma Stewardship?

b. Why working with trauma hurts us?

c. What is compassion fatigue?

d. What is compassion satisfaction?

11.30am-12.15pm Your Self-Care Assessment

12.15pm-1.30pm-Lunch on your own

1.30pm- 2.00pm Your Wellness Plan

2.00pm-3.30pm Alternative Healing Modalities

a. Leaving work at work rituals

b. Intro to mediation

c. Fostering gratitude

d. Visualization Board

e. Affirmations

3.30pm-4.00pm Guided Meditation and Closing

FREE TRAINING!!!

The registration deadline for each training is posted on SCCADVASA's website.

Pre-registration is required.
Please register online at:
http://sccadvasa.org/training

- Your registration is not complete until you have received a confirmation letter from SCCADVASA.

Continuing Education Information:

Victim Service Provider (VSP) hours have been requested for this training. If requesting VSP hours, you must be in attendance for the entire duration to receive your requested hours.

For assistance, please contact Donna Thompson, Training Coordinator, at dthompson@sccadvasa.org or (803) 256-2900.