

Aurora Family Therapy Centre

Training Options for Organizations



****New - Supporting Organizational Wellness through Staff Connection: A Facilitated Pause**

(90-minutes – 3 hours)

A new training and approach that focuses on supporting wellness by strengthening team connections. We will facilitate narrative practices that focus on our own stories and values noting how they connect us with each other. This is not a therapy session and does not require exposing vulnerabilities. We will work with organizers to determine which activities will be the best fit. Examples include Tree of Life, Gratitude ABC's, Artifact Storytelling, Notes of Appreciation, Finding our Shared Story and more!

Vicarious Trauma and Resilience (3-6 hours)

Vicarious trauma is a transformative change that can occur in service providers and helpers as they witness and identify with the suffering of others. Impact increases as we work to balance professional expectations and resource limitations with personal responsibilities. Losing hope, pulling away from others, and feeling physically and emotionally exhausted, are just a few examples of the impact we might experience. Often, we criticize our own capabilities rather than recognize this human response to trauma exposure. This session will build an understanding of what puts us at risk of burnout and vicarious trauma and provide strategies to support resilience so we can continue to do this important work.

Topics include:

3 Hour

1. Stress, Burnout, Empathic Strain
2. Vicarious Trauma & Resilience
3. Risk and Resilience in the Workplace
4. Risk and Resilience in our Individual Practice
5. Emotional Labour & Strain
6. Zones of Control
7. Strategies for Wellness

6 Hour

Morning:

1. Activity (facilitator discretion)
2. Connecting Our Why
3. Stress, Burnout, Empathic Strain
4. Vicarious Trauma & Resilience
5. Strategies for Building Resilience

Afternoon:

6. Risk and Resilience in the Workplace
7. Risk and Resilience in our Individual Practice
8. Emotional Labour & Strain
9. Resourcing and Regulation
10. Boundaries
11. Zones of Control
12. Strategies for Wellness
13. Best Practices for Mitigating Vicarious Trauma

Structural and Relational Boundaries (3 hours)

Professional boundaries are potentially the most important practice helpers can implement to support our own wellness. They are also the hardest! This workshop will discuss the difference between structural and relational boundaries, the value of clear communication with colleagues and clients, finding our “no,” why letting others help is important, the fluidity of flexible boundaries, and how boundaries help us (and our clients) to grow.

Topics include:

- What are Boundaries and Why do We Need Them?
- Risk of Blurred or Non-Existent Boundaries
- Boundary Crossing in Professional Relationships
- Structural/Functional Boundaries
 - Use of technology
 - breaks
 - work-day structure
- Relational/Interpersonal Boundaries (majority of focus on our professional lives)
 - Flexible vs Non-negotiable
 - Communication
 - Expectations

- Roles and Responsibilities
- Fluidity and Growth
- Consistency
- Finding our "No"
- Finding our "Help"
- Navigating shared and differing values
- Empowering vs Codependence

Communities of Practice (3 hours)

As service providers we are focused on meeting the needs of others but we too need to have circles of support. This workshop will provide examples of how we can build our own Communities of Practice that support us in staying connected, resourcing ourselves and others, and expanding our networks.

Topics include:

- What is a Community of Practice?
 - How do we see our role in collaboration with colleagues?
- Creating Circles of Solidarity
- Creating Circles of Support
- Finding our "Howl at the Moon" person (Vikki Reynolds)
- Zone of Fabulousness (Vikki Reynolds)
- Mutual support
 - Creating safe spaces
 - Value of Peer Consultation
 - Strategies for implementation

**Customized training is available. Contact vtadmin@aurorafamilytherapy.com to arrange a meeting.