

# VICARIOUS TRAUMA VIRTUAL SERIES

Presented by: Dr. Tana Bridge, Eastern Michigan University

21  
JUNE

8:45AM - 10:45AM

## Kickoff! Understanding the Biology of Stress and Vicarious Trauma

Vicarious trauma is an occupational hazard that often leads to a lack of job satisfaction, productivity, and adverse outcomes. Managing stress and prioritizing wellness can aid in personal well-being, enhance workplace culture, and improve outcomes for the people we serve. In this session, participants will advance their understanding of the biology of stress and vicarious trauma, focusing on skills to address stress responses and enhance well-being. **2.0 Social Work CEs and Social Work ethics training hours offered.**

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JUNE

8:45AM - 9:45AM

## Intentions Fall Short! Building Habits in Response to Stress

Addressing one's stress reaction requires awareness and intentional engagement. This session will advance participants' understanding of their immediate stress reaction and provide responses that promise to halt one's stress response. Tips and tricks for promoting self-care habits will be explored. **1.0 Social Work CE and Social Work ethics training hours offered.**

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JULY

8:45AM - 9:45AM

## Proactive Responses that Foster Resilience and Wellbeing

Wellness requires both reactive and proactive responses to stress. This session provides an opportunity to expand 'habits' to include activities that foster proactive responses to stress, healthy coping, and resilience. **1.0 Social Work CE and Social Work ethics training hours offered.**

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JULY

8:45AM - 9:45AM

## Know Yourself: Stress, Secondary Traumatic Stress & Moral Injury

While stress impacts all people, secondary traumatic stress/vicarious trauma and moral injury uniquely impact those in the health and human service professions. This session will define and explore the impact of secondary trauma/vicarious trauma and moral injury. Opportunities to mitigate negative impact will be discussed. **1.0 Social Work CE and Social Work ethics training hours offered.**

Register for sessions here: [www.scccmh.org/free-classes/](http://www.scccmh.org/free-classes/)



**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

[www.scccmh.org](http://www.scccmh.org)



All sessions take place online and are free to attend. With questions, please contact Tammy Lake at [tlake@scccmh.org](mailto:tlake@scccmh.org) or (810) 966-2597.

