

# GOALS OF TRAINING

## Foundational Concepts

### TO EDUCATE

Using evidence-informed findings on secondary traumatic stress

### TO VALIDATE

Participants experiences of through teaching and storytelling

### TO CULTIVATE

A supportive peer environment and encourage the creation of positive support networks



## Key Concepts

### TO EXAMINE

Contributing factors such as personal history and current life circumstances

### TO INTEGRATE

A multi-prong approach to remaining healthy and compassionate

### TO ACKNOWLEDGE

The impact of this work

### TO ENCOURAGE

A holistic understanding of symptoms as important warning signs



## Assessment

### TO OFFER

Tools to assess levels of secondary traumatic stress, burnout and moral distress

### TO GUIDE

Participants through an examination of current stressors and strategies



## Strategies

### TO PROVIDE

Tools that help mitigate the symptoms of secondary traumatic stress

### TO COMMIT

To making a positive change by implementing resiliency strategies at work and home

### TO REDISCOVER

The rewards of the work