**Secondary Traumatic Stress and the Human Services Professional\***

**DESCRIPTION** : Human services work can be stressful and emotionally draining and human services professionals are directly and personally affected by the emotional stressors that accompany their day-to-day work. We often talk about burn-out or secondary traumatic stress, but do we really know the difference? Are there differences in how we respond to burn-out and secondary trauma? This training will educate human services professionals about primary and secondary traumatic stress in their work and discuss support strategies. The strategies, if implemented, may reduce the impact of secondary traumatic stress (STS) on work performance and individual well-being.

**COURSE OBJECTIVES:**

* To increase participant knowledge of traumatic stress and its impact on human services professionals
* To define and differentiate between secondary traumatic stress and burn-out
* To increase participants knowledge of individual coping skills that can be learned and used by human services professionals to reduce the impact of secondary traumatic stress
* To increase participant knowledge of social and organizational supports in reducing the effects of secondary traumatic stress on human services professionals
* To develop a personal action plan to reduce the effects of secondary traumatic stress on human services professionals.

**\*TARGET AUDIENCE**: The primary audience is for case managers, crisis workers, APS workers, therapists, AODA counselors who are involved in direct service and administrative support staff who work in a county human service setting, and that want to understand secondary traumatic stress and its impact on their work performance and well-being.