

Vicarious Trauma and Self Care In a Play Therapy Environment

Overview:

This course will provide an overview of Burnout, Compassion Fatigue, Vicarious Trauma, and Resiliency during the practice of play therapy. The importance of self-care in applying various play therapy models and care will be highlighted and participants will explore creative modalities for developing an individual self-care program.

Learning Outcomes:

- 1) Articulate the importance of self-care while practicing play therapy
- 2) Describe and understand Vicarious Trauma, Compassion Fatigue, and Resiliency
- 3) Identify the impact of the pandemic on Vicarious Trauma, Compassion Fatigue, and Resiliency
- 4) Articulate why boundaries with clients during the practice of play therapy are important
- 5) Develop creative modalities for an individual self-care program