

# Secondary Stress & Vicarious Trauma:

How to care for yourself when you care for others.

May 20th

We are all exposed to Secondary Traumatic Stress and Vicarious Trauma and this is more prevalent in professionals who work in high-stress and trauma-exposed fields (child abuse investigators, prosecutors, judges, therapists, health care professionals, animal shelter workers and many others). If not addressed, this indirect trauma can cause long-term damage to our health, limiting our ability to manage the challenges of our everyday lives. Join the world's leaders in health, wellness, and trauma relief to participate in a dynamic workshop, where you will explore the mind-body medicine techniques to heal Secondary Traumatic Stress and Vicarious Trauma.

## Who is this for?

- Medical Professionals
- Social Workers & Counselors
- Mental Health Professionals
- Law Enforcement
- First Responders
- Teachers
- Anyone experiencing stress or who is a caregiver for someone experiencing stress

## What will you get:

- Learn techniques to help reduce stress, reverse burnout, transform trauma.
- Learn ways of better supporting and taking care of your mind, body, and spirit.
- Learn the varied health implications of chronic stress, burnout, and trauma.
- Learn how to respond when exposed to indirect trauma.

## Workshop Information

May 20th, 2021  
9:00AM - 12:00PM CST

Please Register at  
<https://bit.ly/3y5jaJU>

or by emailing  
[jogboenyiya@cmbm.org](mailto:jogboenyiya@cmbm.org)



## About CMBM

For over 28 years, CMBM has taught this program to more than 7,000 professionals – clinicians, educators, community leaders, and peer-counselors. In that time, CMBM has developed what is likely the world's largest, most effective program for healing population-wide stress and trauma. CMBM's work in the Balkans, Israel, Gaza, Haiti, and with Syrian refugees, US veterans, and New York City Firefighters post 9/11, and in troubled American communities has been featured in The New York Times, The Washington Post, The Atlantic, and USA Today, and on CBS 60 Minutes.

CMBM has worked with health educators, clinicians, and hospital systems around the world impacted by various traumatic events, bringing our life-affirming model of self-awareness, self-care and group support to those most affected. Now, we bring this model to you.

## Faculty Details

This workshop is led by Claire Wheeler, MD, PhD, José Calderón-Abbo, MD, and The Baton Rouge Program Clinical Lead & CEO of BRCAC, Toni Bankston, LCSW, BACS.

Program made possible by Baton Rouge Children's Advocacy Center.  
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