

### **Vicarious Trauma**

This training explores the impact Vicarious Traumatization has on the trauma foster/adoptive parent and the importance of utilizing the self-care techniques needed to minimize secondary trauma. Lecture, interactive exercises, and group discussions are the learning techniques used by presenter. By session end, you will be able to 1. Define Vicarious Traumatization, 2. Understand the impact secondary trauma has on you, 3. Identify the signs and symptoms of Vicarious Traumatization and 4. Identify self-care techniques needed to combat Vicarious Traumatization.

### **Trainer: Ruth Phillips**

Ruth is the Project Manager for the Children & Families of Iowa's **elevate** Program. She has been a foster-adoptive parent since 1988 and transitioned over 60 teens into permanency. Ruth has worked on behalf of Iowa's Youth since 1985. With a background in policy-making, therapy, in-home and recruitment/licensing/retention, there is no part of foster care or adoption she has not experienced. She currently offers Support Services to various homes through Iowa KidsNet and she is an adjunct professor at DMACC in addition to parenting biological, foster and adopted children.