

Burnout, Vicarious Trauma, and Self-Care

November 16, 2023

1:30pm - 2:30pm MST

This session is focused around recognition and management of burnout/vicarious trauma. We will talk about risk factors for these, as well as how to spot them and manage them.



Learning Outcomes:

- What is vicarious trauma and burnout
- How to recognize burnout and vicarious trauma
- How to prevent/manage burnout and vicarious trauma

Speakers:

Lisa Harder, BA, MA, Registered Provisional Psychologist. Lisa is the Registered Provisional Psychologist for the Alberta Indigenous Virtual Care Clinic (AIVCC)



Target Audience: Anyone can experience burnout or vicarious trauma, so anyone could benefit; however, those who work in roles where they are exposed to difficult situations or those roles with high expectations/job

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1.888.999.3356
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Alberta Indigenous Virtual Care Clinic (AIVCC)

Santa Fe Plaza, 18232 - 102 Avenue NW, Edmonton, Alberta T5S 1S7
PHONE 1.888.342.4822 EMAIL info@aivcc.ca EFAX 1.855.574.0807 WEB aivcc.ca



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