

## WAVE Trauma Centres

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[www.wavetraumacentre.org.uk](http://www.wavetraumacentre.org.uk)



# Trauma Training

Compassion Fatigue Course



Community Relations Council



European Union  
 European Regional  
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A project supported by the European Union's PEACE III Programme managed for the Special EU Programmes Body by the Community Relations Council/Pobal Consortium.

Accredited Open College Network Courses



*“Compassion Fatigue is a direct result of exposure to direct suffering and complicated by a lack of support in the workplace and at home”.*

*Charles Figley*

### **Who is the course targeted at:**

Anyone working or caring for people who have experienced trauma. This course will give them a greater understanding of how trauma can be transmitted to the worker or carer.

### **What is involved?**

This course will run for 8 weeks with each session lasting 3 hours.

### **Requirements for course accreditation are:**

Participants will be required to produce 3 assignments and a Semi Structured Journal identifying what they have learned in each session.

There will be group work to support their learning.

Successful participants will be awarded a Level 3 accreditation with the Open College Network.

Each course will have no more than 14 participants.



### **Course Content**

- How trauma can affect an individual.
  - Skills/knowledge needed by the helper.
  - The impact of values and attitudes in the helping relationship.
  - How trauma can be transmitted to the helper.
  - How this transmission can lead to Compassion Fatigue.
  - The components of Compassion Fatigue and their effects on the worker.
  - The development of a programme of self-care for the worker to prevent the development of Compassion Fatigue.
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