



HEADINGTON INSTITUTE
Care for Caregivers Worldwide

Regional Training for counselors Kenya 2010

DATE

April 21 & 22 2010

TIME

Registration 8:00-8:30
Workshops 8:30-4:30pm

LOCATION

Fairview Hotel
Kijiji B
Bishops Road
PO Box 40842
Nairobi, Kenya

REGISTRATION

The workshops are free.
Lunch is included.
**Space is limited, so
register now!**

To register:

1. Visit the Headington Institute's website
2. Go to the "Training" page and follow the registration link in the Upcoming Events column on the right.

Understanding and addressing vicarious trauma and burnout

April 21 & 22, 2010

Understanding and addressing vicarious trauma and burnout

Counselors in many roles regularly hear distressing stories, and witness the effects of violence, poverty and disaster. Engaging in a helping role with survivors of traumatic life experiences places them at high risk of experiencing vicarious trauma and burnout. This workshop will help counselors understand their own vicarious trauma and burnout and identify ways to increase and sustain their personal and professional resilience.

Facilitators:

Dr. Laurie Pearlman, Senior Consulting Psychologist for the Headington Institute, and Dr. Luann Warren-Sohlberg, Headington Institute Clinical Associate, will be facilitating these workshops.

Who should attend?

Any mental health professionals (counselor, pastoral counselor, psychotherapist, clinical social worker, etc) are welcome to attend.

How much do the workshops cost?

Due to generous sponsorship, the workshops are **free** and lunch is included. Registrants will, however, have to fill out several questionnaires during registration (they should take between 30 minutes and an hour). The results will help inform the workshop content and be used as part of a larger research program. All participant information will be confidential and anonymous.

How can you register?

Space is limited, so register early. To register, please visit the homepage of the Headington Institute website (www.headington-institute.org) and follow the relevant link under the **Latest News** column.

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