



## Vicarious Trauma

How our work changes us  
and how to address it

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### ***Do you often feel***

- ***Exhausted; no time or energy for self***
- ***Social withdrawal***
- ***Increased cynicism***
- ***Disrupted sleep***

### ***Then this workshop is for you.***

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Whether you are a therapist, social worker, advocate, first responder, or other caregiver and no longer feeling that you can make a difference, this workshop is for you.

We will be looking at how you face your own vulnerability on a daily basis in the work you do. How the negative consequences of your work are often unconscious and therefore can impact your daily life. The more you understand about how you are affected by your work the more you will have the choice to increase your well-being.

The goal of our two days together will be to explore where you are at now; and to begin to release, rejuvenate, and restore your inner balance. We will be partnering with horses to accomplish these goals.

*“When we open our hearts to hear someone’s story of devastation or betrayal, our cherished beliefs are challenged*

*and we are changed.”*

*~ Laurie Ann Pearlman*

**2 Day Workshop** from 9:00 am – 4:00 pm each day

If you are interested in attending please email  
[mahalashope.kris@gmail.com](mailto:mahalashope.kris@gmail.com) or call 920-904-6445

