

## **WORKING WITH TRAUMATIC MATERIAL**

### **Exploration of the experience of abuse**

Presentation and discussion of current research findings and theoretical concepts, deepen participants understanding of the dynamics of child physical and sexual abuse. Specific attention to predatory/ abusive behaviour and the implications for children, will assist understanding and confidence in the assessment and decision making required by legal staff responsible for assessment of blue card applications.

### **Impact of Exposure**

Discussion of 'what to expect' and normalising of individual reactions as professionals dealing with distressing material by identifying likely stress factors and common emotional, psychological reactions to these stressors. Develop greater awareness and knowledge of the range of feelings likely when confronted with data of this nature. Identification of usual responses when exposed to distressing material will assist the development of strategies for coping.

### **Managing vicarious trauma and debriefing**

Discussion of self-care strategies including:

- Review of personal experience;
- Professional support through peer review and discussion at personal, group and organizational levels;
- Structured external and internal mediums for sharing and processing experience.