



## **The Power of Transformation:** *Identifying the Effects of Vicarious Trauma to Sustain Wellness*

### **Training Program Description:**

Many counselors, advocates and social service professionals provide a vital, necessary service advocating for and helping children, adults and families who may have experienced: loss, neglect, abuse or violence. More often than not, the children and adults in these families also suffer from trauma. Over time, people in the helping profession are affected by working with traumatized clients due to the heart felt connection they establish with those they serve.

*The Power of Transformation* helps us become aware of the ways we have been affected by the trauma of people we care for. We engage in a learning process of exploring methods to reduce stress and bring our lives back into balance.

This highly interactive training uses the following modalities: Lecture/Presentation, Discussion/Q&A, Personal Reflection, Dyad/Small Group Exercises

This training is offered for a half or full day depending on your group or agency's needs.

### **Learning Objectives:**

As a result of taking this training, participants will:

- Learn what vicarious trauma is and the prevalence of trauma
- Identify how vicarious trauma affects your professional and personal life
- Learn wellness and self-care strategies to bring your life back into balance

### **Presenter Bio & Contact Information:**

DeShannon Barnes-Bowens is a psychotherapist, professional development trainer, interfaith minister and founder of ILERA Counseling & Education Services. Through ILERA, she has implemented workshops at various agencies focusing on: vicarious trauma and wellness, sexual abuse, sexuality & spirituality. DeShannon is the author of *Hush Hush: An African American Family Breaks Their Silence on Sexuality & Sexual Abuse* and the first recipient of AASECT's Bill T. Jones Award. For more information about DeShannon or ILERA visit <http://ilera.com>.

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