

Through Self-Care Practices

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Session Code	562
Title	Preventing Vicarious Trauma in Counseling Students Through Self-Care Practices
Description	Counselors are increasingly seeing more trauma cases, thus increasing the risk of experiencing vicarious trauma. The detrimental effects of vicarious trauma are well documented, and research has aimed to identify preventative factors and interventions to protect counselors from the negative effects of vicarious trauma. Numerous intervention strategies have been documented, and prioritizing the implementation of self-care strategies has been shown to be effective in reducing vicarious trauma symptoms. Due to these increasing risks of vicarious trauma, counselor educators need to prioritize training counseling students to take care of themselves and how to effectively develop and implement a self care plan. This session will provide counselor educators with effective self-care strategies to implement into counselor education programs to help protect developing counselors from vicarious trauma and burnout.
Track	Wellness and Prevention
Session Type	50-Minute Education Session
Speakers	Sarah McCausland Maegan Vick

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Program Summary for Publication in Conference Program	Counselors are increasingly seeing more trauma cases, thus increasing the risk of experiencing vicarious trauma. Due to these increasing risks of vicarious trauma, counselor educators need to prioritize training counseling students to take care of themselves and how to effectively develop and implement a self care plan. This session will provide counselor educators with effective self-care strategies to implement into counselor education programs.
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Session Management

Status	<input checked="" type="checkbox"/> Published	<input checked="" type="checkbox"/> Visible to anonymous users	<input checked="" type="checkbox"/> Visible in session list
Attributes	<input type="checkbox"/> Featured	<input type="checkbox"/> Mandatory	<input checked="" type="checkbox"/> Can be evaluated
Assistants	No assistants		

Room	Water Tower
Time Slot	Friday, October 6, 2017 3:30 PM – 4:20 PM
Links	
Number of registered attendees	1

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