



ONE DAY IN-PERSON TRAINING:

# BEARING WITNESS

MIDWIFERY, VICARIOUS TRAUMA AND YOU

A workshop for up to 20 participants

9.30-4.30pm

In this informative and interactive workshop day, participants work together to learn about the world of Vicarious Trauma.

What is it and how does it impact midwives?

What can be done to effectively manage it on a personal, team and organisational level?

Participants will leave with a set of skills on how to identify and manage it within yourself and your team.

- Historical context, clinical definitions and practical examples
- Identifying impacts of the work in brain, mind and body
- Monitoring skills for everyday management
- Identifying, managing and limiting your impacts
- The cycle of birth trauma, midwifery and VT
- Action plans for organisational and individual commitments
- Practical skills for creating (and maintaining!) self care plans

**Session fee: £1500** (Equivalent £75 per head for a fully booked course.)

This is inclusive of takeaway materials for all participants, access to slides, a three month written check-in and other useful information.

Contact [info@bryonybeynon.com](mailto:info@bryonybeynon.com)  
See more at [www.bryonybeynon.com](http://www.bryonybeynon.com)