



3HR INTRODUCTORY ONLINE WORKSHOP:

INTRODUCING VT: VICARIOUS TRAUMA AND MIDWIFERY

What is Vicarious Trauma, how does it impact midwives and how can we better manage it?

This session, part presentation part workshop, provides participants with a basic understanding of Vicarious Trauma (VT) and its place in midwifery practice, space to reflect and share, plus ongoing access to a digital toolkit including toolkits, research and signposts for attendees.

Delivered via a secure Zoom platform, the session covers:

- Clinical definitions and practical examples
- Identifying the impacts of your work on brain, mind and body
- Understanding links between birth trauma, midwifery and VT
- The science of effective personal and team self-care
- Healthy workplace cultures for managing and reducing VT

Cost: £600 for a maximum of 20 online participants.

About your trainer

Bryony Beynon has over ten years of experience as a trainer and facilitator, developing and delivering education and continuing professional development in schools, community and workplace settings. She has worked as a trainer in gender-based violence services in the UK and Australia, and as an independent facilitator of sexual harassment programmes across many industries, from transport and nightlife to advertising and the public sector. She has delivered vicarious trauma awareness training for university hospitals, RCM, NHS Health boards, refuges, legal professionals and other frontline roles. She is committed to an inclusive accessible teaching practice.

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