

The Echo of Pain: How We Carry What We Hear

Respondents: 35

	Average	5 - Strongly Agree	4 - Somewhat Agree	3 - Neither Agree Nor Disagree	2 - Somewhat Disagree	1 - Strongly Disagree
Indicate your level of agreement with the following statement: Overall, this session met my educational needs.	4.94	33	2	0	0	0
Indicate your level of agreement with the following statement: There was enough time spent on the subject matter.	4.94	33	2	0	0	0
Indicate your level of agreement with the following statement: The speakers were informative and kept my attention.	4.91	32	3	0	0	0

	Average	5 - Excellent	4 - Very Good	3 - Good	2 - Fair	1 - Poor
Rate the extent to which the course met the learning objective: Identify the signs and symptoms of vicarious trauma and differentiate it from burnout and compassion fatigue.	4.86	30	5	0	0	0
Rate the extent to which the course met the learning objective: Describe how repeated exposure to others' trauma affects the brain, body, and emotional regulation systems.	4.77	29	5	0	1	0
Rate the extent to which the course met the learning objective: Implement individualized and	4.77	30	3	1	1	0

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team-based strategies to prevent, reduce, and recover from vicarious trauma.						
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	Average	5 - Excellent	4 - Very Good	3 - Good	2 - Fair	1 - Poor
Rate the presenter's competence and effectiveness: Jessica Siegfried	4.91	32	3	0	0	0
Rate the presenter's competence and effectiveness: Rocio Bickei	4.86	31	3	1	0	0
Rate the presenter's competence and effectiveness: Brandalyn Haggerty	4.89	31	4	0	0	0
Rate the presenter's competence and effectiveness: Stephanie Duer	4.91	32	3	0	0	0
Rate the presenter's competence and effectiveness: David Baker	4.89	31	4	0	0	0

Please describe how your knowledge has changed regarding the learning objectives listed.
I learned the difference between burnout, compassion fatigue, vicarious trauma, and secondary trauma.
Looking at burnout as a leader
It was fantastic!
no change
Good reminders about self care
helped me to self reflect more
I learned about the difference between vicarious trauma versus burnout versus compassion fatigue.
No change. good reminder.
All good
Became more self-aware on self-care.
More knowledgeable about signs of vicarious trauma and ways to practice self care.
I was pretty familiar with the information presented.
I will pay more attention to signs that can. affect my well being.
Doing regular check-ins with yourself is important.
Activities to engaged in when stressed

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good tips i didn't know of, I can now utilize.
Learn to take time for yourself and reset
Learned more about vicarious trauma.
This training reiterated what I already understand of vicarious trauma and showed how self-care is important to maintain a quality life in and out of work
More aware of tone
Identifying how trauma and stress affect you physically and mentally.
The differences between vicarious trauma, burnout and compassion fatigue...and the importance of addressing it. The surprising effects of vicarious trauma that you might not realize are affecting you.
I will not implement micro self care into my self care.
Being more aware and educated
none
being more aware of self care
I've learned to differentiate vicarious trauma from burnout
Self Care opportunities
It is always a good refresher to learn about second hand trauma, burnout, etc. It was helpful to discuss ways to address these proactively.

As a result of attending this activity, what new skill or idea will you implement into your job or practice within the next six months?
I learned different self care practices.
Focus on my other leaders
Self care of the therapist
none
I'll take self care more seriously
I will Institute micro resets within my supervision sessions with the Counselling team
being more aware of my needs.
All
New self-care mantras.
Will facilitate a training for coworkers on self care.
Continuation
I will check in with myself to make sure I'm not being affected.
Implementing things to set boundaries with work.
Self care
none
It's ok to not take all the weight of others
Will use some of the techniques that they talked about.
Prioritizing self-care
Be careful with language
Implementation of my own self care first and then begin to provide information and strategies to staff
An intentional action plan for self-care.
Self care.
Taking care of myself
none
understanding my role and responsibilities
more self-care
I learned some calming strategies

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Take breaks and vacations
I would like to be more proactive in preventing burnout. secondhand trauma, etc., with my clinicians in supervision.

What topics would you like to see presented at future activities?
any
Children focused
All
I would've liked to have heard what people had written as some of their coping strategies
no comment.
All
Early Childhood and Infant mental health/family systems, family of origin
nothing as of right now
imposter syndrome
struggles in middle management
not sure
Understanding Dual Recovery
I would like to see a more in depth discussion about how the body and mind react to trauma, how the body and mind are different yet work together to positively help you and how not taking care of one's self increases trauma in this line of work.
More of this
Ways to empower clients.
More practical skills
More topics like this one
none
none at this time

Other Comments (Optional)
Great presentation!
no comment
great presentation
I really enjoyed the mediation activity.
None
None
none at this time