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# VICTIM ASSISTANCE CENTER

## CLINICAL TRAININGS

*A program of the YWCA of York*

### **SUICIDE PREVENTION**

Topics Include: Warning signs, how to help a suicidal person/student; suggestions for what to say and what not to say; resources for additional information.

Audience: This training is designed for teachers, counselors, staff, and administrators in school settings. It can also be adapted for faith communities and other human services agencies.

### **BOUNDARIES AND SELF-DISCLOSURE**

Topics Include: Things to consider before self-disclosing to clients; the pros and cons of self-disclosure; the potential negative effects of disclosing too much; ways to connect with clients without using self-disclosure.

Audience: This training is designed for direct service staff in human service agencies. It is ideal for front-line staff who've had little to no formal training in ethics.

### **WORKING WITH RAPE AND INCEST SURVIVORS**

Topics Can Include: Common themes; do's and don'ts when working with sexual assault survivors; family dynamics in incest cases; why children often don't disclose sexual abuse; long-term effects of rape and incest; date rape drugs, and other information about child abuse.

Audience: This training is designed for direct service human services and mental health staff. It is ideal for staff who work with abuse survivors, but lack specific training on sexual victimization. It can also be adapted for faith communities.

### **STRESS RELIEF/SELF-CARE/BURNOUT/VICARIOUS TRAUMA**

Topics Can Include: All of the above

Audience: This training can be adapted for a variety of work settings including parole and probation departments, human service agencies, and mental health programs.



## **WHY WE DO THIS WORK**

Topics: This training is an informal, discussion-driven presentation designed to help direct service staff to refocus on the positive aspects of their jobs and the reasons they do them. Discussion of the very real positive and negative impact of certain jobs on the individual can be included as well.

Audience: This training can be particularly helpful for departments in human service agencies that are overworked, have experienced recent change, and / or are at high risk for employee burnout as a result of the challenging work they do. There are often benefits to including supervisory staff in this training, in addition to front-line staff.

## **SELF-HARM**

Topics Include: Categories and types of self-injury; signs to look for; suggestion for how to address this with clients.

Audience: This training is ideal for counselors, and other front-line staff who work with troubled youth and/or clients with trauma histories, but lack specific training on this topic.

## **SELF-ESTEEM**

Topics Can Include: What is self-esteem?; tools for building self-esteem; what is mental health?; and other mental health awareness issues.

Audience: This training is designed for clients, consumers, and other participants in a variety of settings, such as group homes, adult education programs as well as other human service agencies.

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## **PROGRAM LENGTH**

Most presentations are designed to last 1-3 hours. Actual length will vary, depending upon the needs of the audience and topics chosen.