



**Terrace Women's
Resource Centre Society**

www.twrcs.ca | 250-638-0228 | info@twrcs.ca



**BC NURSES'
UNION**

Standing up for health care

RESISTING VICARIOUS TRAUMA

Workshops with Vikki Reynolds | June 3 - 4 2019 | Terrace, BC

Registration Form (also available [online](#))

NAME:	
EMPLOYER:	
EMAIL:	
Add to Terrace Women's Resource Centre monthly email list? Yes / No	
PHONE:	
DIETARY RESTRICTIONS:	
MOBILITY/(DIS)ABILITY NEEDS:	
WORKSHOPS and LECTURE	
<input type="checkbox"/>	<p>Resisting Vicarious Trauma FULL DAY DATE: Monday, June 3 2019 TIME: 9:30 AM-4:00 PM LOCATION: Terrace Health Unit Auditorium 3412 Kalum St, Terrace, BC V8G 4T2 FACILITATED BY: Vikki Reynolds Workshop Fee: \$110/person Lunch included in fee.</p>
<input type="checkbox"/>	<p>Vicarious Resistance: Inspiring HOPE as an Ethical Position DATE: Monday, June 3 2019 FEE: By donation at the door. TIME: 7:00 PM LOCATION: Coast Mountain College Terrace Longhouse 5331 McConnell Ave, Terrace, BC V8G 4X2. Longhouse is located near the Nisga'a Highway entrance. LECTURER: Vikki Reynolds</p>
<input type="checkbox"/>	<p>Creating Cultures of Accountability: Walking our talk HALF DAY DATE: Tuesday, June 4 2019 Workshop Fee: \$50/person TIME: 9:00 AM-1:00 PM LOCATION: Terrace Health Unit Auditorium 3412 Kalum St, Terrace, BC V8G 4T2 FACILITATED BY: Vikki Reynolds Light refreshments included. Lunch not included.</p>

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We acknowledge the financial contribution of the Province of British Columbia

Registration and workshop fees due **Monday May 27th 2019**

[Register and pay online](#) via Eventbrite (Eventbrite fees apply)

OR

Registration form and cheques to:

Terrace Women's Resource Centre Society
ATTENTION: Rosemary Craig, Executive Director
4553 Park Ave.
Terrace, BC V8G 1V3
Fax: 250-638-1873

WORKSHOP FULL DESCRIPTIONS

Resisting Vicarious Trauma FULL DAY WORKSHOP

June 3 2019 9:30 AM – 4:00 PM

For: front-line workers in the social services, health, and justice system sectors; first-responders (RCMP, paramedics, firefighters, nurses, doctors); victim services, social workers; counsellors; clinicians; outreach workers; family and youth workers.

Workers responding to people struggling with substance use, poverty, violence and oppression are often told that they will 'burn out', and that it is the connection to the client's pain that 'traumatizes' them; that is one perspective. Vikki offers another; she believes that "clients don't harm us, nor does their suffering, it is the spiritual ethical pain that follows when we are unable to work in ways that are ethical, dignified and structurally supported. When we stay with connection, resist disconnection and enmeshment we are able to do 'collective care' as opposed to self-care.

We shoulder each other up by working in line with our collective ethics and enacting what is at the heart of our work. Bringing hope is an ethical response to despair, and we'll consider how to keep a finger-hold on a believed-in-hope amidst the darkness of tragic death and mean-spirited politics. And that leads us to the 'Zone of Fabulousness', where the people we are here to serve are at the centre, and we are 'walking our talk' collectively.

Vicarious Resistance: Inspiring HOPE as an Ethical Position LECTURE

June 3 2019 7 PM

Vikki will differentiate vicarious trauma & Burn Out from the spiritual and ethical pain that our work engenders when we are unable to provide dignity and social justice with the people we want to be useful to. We'll look at our solidarity and 'shouldering each other up in dark times immersed in mean spirited politics and neo-liberalism. I will invite us to consider the transformations our work and the people we work alongside co-create. We'll explore our relationship to a believed in hope, and resisting charitable and patronizing self-care prescriptions to workers. We will also consider a frame for Resisting Burn out that is person-centered, based on how we treat people, and resist pathologizing ourselves and other workers as mentally ill and deficient...and that's going to bring us to The Zone of Fabulousness...

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Creating Cultures of Accountability: Walking our talk HALF DAY WORKSHOP

Tuesday June 4 2019 9:00 am – 1:00 pm

For: front-line workers in the social services, health, and justice system sectors; first-responders (RCMP, paramedics, firefighters, nurses, doctors); victim services, social workers; counsellors; clinicians; outreach workers; family and youth workers.

In this experiential workshop we'll consider how we are "walking our talk", in terms of practising in line with our values and ethics. We'll consider our roles as leaders and lateral mentors, and what we bring to that work. How might we resist losing track of ethical practice and how we can have collective care that holds us to account and helps us keep people we serve at the centre. We'll look at ways of building intentional relationships of respect and dignity and how to offer useful critique and feedback to hold each other up.

About Vikki Reynolds

Vikki Reynolds PhD RCC is an activist/therapist from Vancouver, Canada, who works to bridge the worlds of social justice activism and therapy. Vikki is a white settler of Irish, Newfoundland and English folks, and a heterosexual woman with cisgender privilege. Her experience includes supervision and therapy with peers, activists, and other workers responding to the opioid epidemic/poisonings, torture and political violence, sexualized violence, mental health and substance misuse, homelessness and legislated poverty and working alongside gender and sexually diverse communities. Vikki is an Adjunct Professor and has written and presented internationally on the subjects of 'Witnessing Resistance' to oppression/trauma, ally work, resisting 'burnout' with justice-doing, a supervision of solidarity, ethics, and innovative group work. Vikki's articles and keynotes are available free on her website: www.vikkireynolds.ca

Questions?

Contact Elena @ Terrace Women's Resource Centre Society
programcoordinator@twrcs.ca
250-638-0228

Thank you to Northern Health Authority, BC Nurse's Union and Coast Mountain College for their support of this workshop series.