

Blair County System of Care is offering a FREE TRAUMA TRAINING!

If you are interested in attending, please register using the website or QR code provided below.

TRAUMA 103: RECOGNIZING VICARIOUS & SECONDARY TRAUMA

SEPTEMBER 26, 2025 – 9:00AM–11:00AM

The exposure to trauma, even when indirect, can be a stressful and emotional experience. Anyone who comes into frequent contact with trauma-impacted individuals incurs the risk of burnout and “Vicarious” or “Secondary” trauma. This could include mental health professionals, medical professionals, family members, caregivers, teachers, etc.

To manage the potential impacts of vicarious trauma, this 2-hour course provides further education and information surrounding:

- Awareness/education about the concept of vicarious (secondary) trauma
- Identifying and distinguishing potential impacts of vicarious trauma
- Recognizing signs and symptoms of compassion fatigue and burnout, encouraging self-assessment, improving self-awareness
- Practical skills and self-care exercises that promote overall wellness for caregivers and/or “helpers”

This training is appropriate as an entry-level overview of the topics listed above. There are no prerequisites or minimum education requirements for participants.

REGISTER AT:

<https://forms.office.com/r/cxQFkj3WAR>

OR BY USING THE FOLLOWING QR CODE:



FREE TRAINING OPPORTUNITY!

PA Social Work/
Counseling CEUs
available upon
request!



TRAINING LOCATION:

**Blair HealthChoices
Lower Level**
81 Holliday Hills Drive
Hollidaysburg, PA 16648
(814) 696-5680

www.blairhealthchoices.org

Training Facilitators

Ryan Hollen, MS, BSL
Heather Flanagan, LPC,
NCC

