

# Course Outline

Understanding: Developing Resilience and Practicing Self-Care in Social Care & Health	
<b>Duration</b>	One day
<b>Aims</b>	For all participants to understand Professional Trauma and Fatigue, and the evidence based Five Pillars of Protection used to buffer the secondary impact of working in Social Care and Health. For all participants to have a clear plan of action to strengthen their personal resilience.
<b>Objectives</b>	Participants will understand the array of conditions covered by the term 'Professional Trauma and Fatigue'; Chronic and Acute Stress, Compassion Fatigue, Vicarious Trauma, Secondary Trauma and Burnout, and their differences.
	Participants will apply the Five Pillars of Protection Resiliency Scale to themselves, identifying how to strengthen their existing resilience.
	Participants will understand and discuss in depth the substance and importance of the Five Pillars of Protection;
	<ul style="list-style-type: none"><li>✓ Awareness</li><li>✓ Supervision</li><li>✓ Peer Support</li><li>✓ Trauma Informed Environment</li><li>✓ Self Care</li></ul>
	Participants will explore and tackle the barriers to implementing the Five Pillars of Protection.
	Participants will create Personal Resilience Plan, based on all of the above, utilising evidence based techniques to embed change.
<b>Added Value</b>	All participants will be provided with resources and materials pertinent to the subject matter. They will also have complimentary access to downloadable resources from the course, including the presentation, workbook, Five Pillars of Protection Resiliency Scale tool, and Personal Resilience Plan, through our website.