

# Course Outline

<b>Introduction: Developing Resilience and Practicing Self-Care in Social Care &amp; Health</b>	
<b>Duration</b>	Half day / 3 hours
<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.
<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 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.
<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, and the Five Pillars of Protection Resiliency Scale tool, through our website.