

# Institute of Group Leaders

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## Feedback Summary – Vicarious Trauma 11<sup>th</sup> May 2018

Presenters- Toni Hubble

### Feedback from the end of course evaluation form

		Course feedback	Percentage
<b>No. of participants</b>		9	%
<b>Length in days</b>		1	
<b>No. of completed evaluations</b>		8	88.88
<b>Expectation?</b>	<b>Yes</b>	<b>7</b>	<b>87.5</b>
	Partly	1	12.5
	No	0	0
<b>Level of training</b>	Too High	0	0
	<b>Just Right</b>	<b>7</b>	<b>87.5</b>
	Too Low	1	12.5
<b>Facilitators Attitude - Poor</b>	1	0	0
	2	0	0
	<b>Okay</b>	3	0
	<b>4</b>	<b>0</b>	<b>0</b>
<b>Great</b>	<b>5</b>	<b>8</b>	<b>100</b>
<b>Facilitators Knowledge - Poor</b>	1	0	0
	2	0	0
	<b>Okay</b>	3	0
	<b>4</b>	<b>0</b>	<b>0</b>
<b>Great</b>	<b>5</b>	<b>8</b>	<b>100</b>
<b>Way the workshop was run - Poor</b>	1	0	0
	2	0	0
	<b>Okay</b>	3	1
	<b>4</b>	<b>0</b>	<b>0</b>
<b>Great</b>	<b>5</b>	<b>7</b>	<b>87.5</b>
<b>Handouts</b>	Not enough	0	0
	Ok	1	12.5
	<b>very useful</b>	<b>7</b>	<b>87.5</b>

### Key outcomes

- 87.5 % of participants thought the workshop *achieved what they expected*.
- 87.5% of the participants thought the workshop was pitched at the right level.
- 100% of participants reported the facilitator's attitude was *great*.
- 100% of participants reported the facilitator's knowledge of the subject was *great*.
- 100% of participants reported the way the course was run was *ok to great*
- 87.5 % of participants who completed evaluations reported the handouts were very useful

## **Qualitative feedback**

### **What topic/issue has been the most important for you?**

- Symptoms of VT, burnout, self care strategy
- Being able to identify when I am or becoming stressed and how to manage that better.
- General topic – made personally relevant
- Stress signature
- Recognising signs of vicarious trauma
- Exercise – How I know I'm not doing the best work with client. How I know I'm not doing the best for myself
- Our parallel process as practitioners and client's experience of vicarious trauma.
- Everything was relevant
- Trauma terminology and meanings
- Self care
- Leaving work @ work strategies
- Reflection time and framework
- Burnout vs Vicarious Trauma
- Identifying difference between burnout and vicarious trauma
- Acknowledging role of self vs organisation role
- Self care and organisational self-care

### **What topic/ issue has been the least important for you?**

- N/A

### **What impact will this training have on your work?**

- Self awareness, reflection, self care.
- More awareness, able to support others.
- Increased self-awareness. Increased vigilance on self-care and what I focus my attention on (more on noticing positives).
- Great information applicable to self. Keen to reflect on it and apply.
- More care to boundaries and more discipline in self care. Sharing with others.
- Increased self awareness and important to maintain self care.
- Listening to what is going on for me (in body and mind).
- Creating safe spaces for other staff to process things and become more aware.
- Implement more self care.

### **Any other comments about the training course**

- Structure was clear, realistic, well-planned. Balance of Information/self-reflection/group interaction.
- Examples given helped explain concepts/make relevant/add humour. Trainer very experienced and 'immersed' in work. Key questions helped guide self-reflection. Information given useful – discussion/reflection helped 'bring it home' (make personally relevant). Safety reminders throughout the day (self-care).
- Thank you Toni.
- Great Trainer – Thank you Toni.
- Great to have such a skilled, dynamic, empathic presenter!