



Love Thy Self:

Vicarious Trauma Self-Care Workshop

DEC 4 | 11:30AM - 1PM | VIA ZOOM

<https://wocumc.zoom.us/j/89018833443>

NO REGISTRATION REQUIRED

Our lives are constantly being bombarded with images and experiences of seismic shifts, suffering, loss, chaos, and hopelessness to change the situation. Whether being done to us or around us, our inevitable absorption of these “traumatic stressors” shows up in our psyche, behaviors, and relationships in unhealthy ways. The bottom line is that showing up as our best selves in ministry and service takes self-care.

This 1.5-hour workshop prepares ministry servants, pastors, community service providers, and justice professionals to recognize the mental and emotional signs that we are in need of some self-care in the face of exposure to life’s traumatic stressors. This workshop offers you education, tools and practices for self-protection against vicarious trauma and for healing from it when experiences overwhelm.

Presenter: Dr. Camisha Chambers, AIC Nurturing Communities Coordinator
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